

# Movies for Mental Health

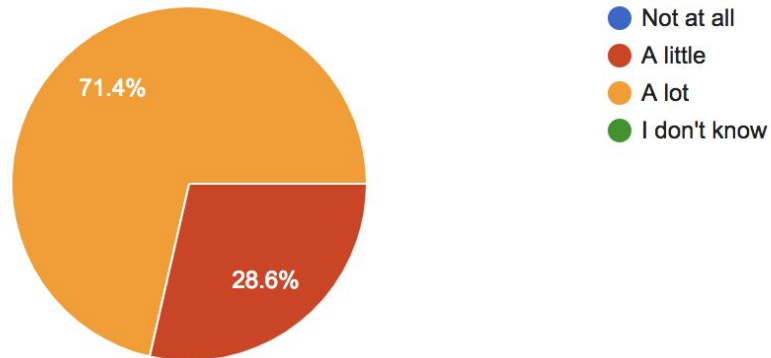
## Post-Workshop Evaluations

Ryerson University  
March 20, 2019

Number of attendees: 8  
Number of evaluations: 7

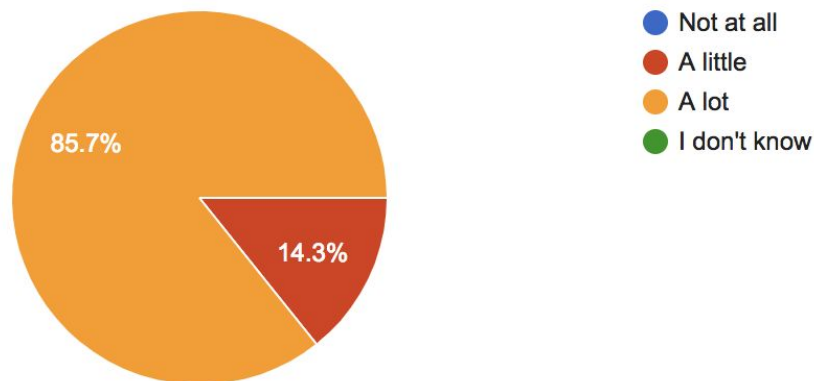
In your opinion, did this event reduce stigma related to mental illness?

7 responses



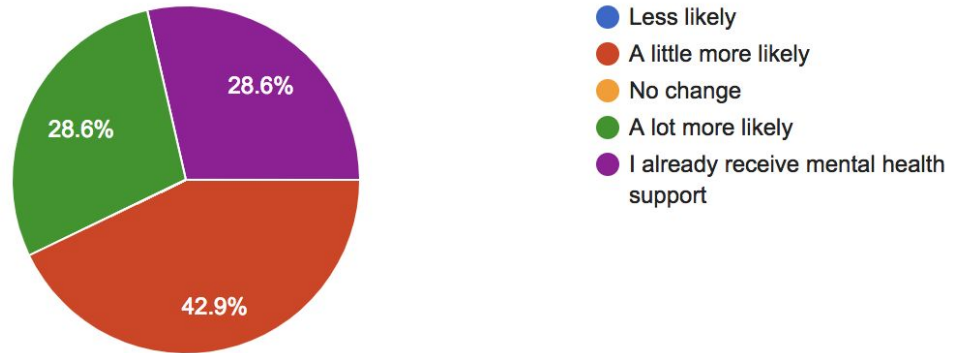
In your opinion, did this event create awareness of mental health issues?

7 responses



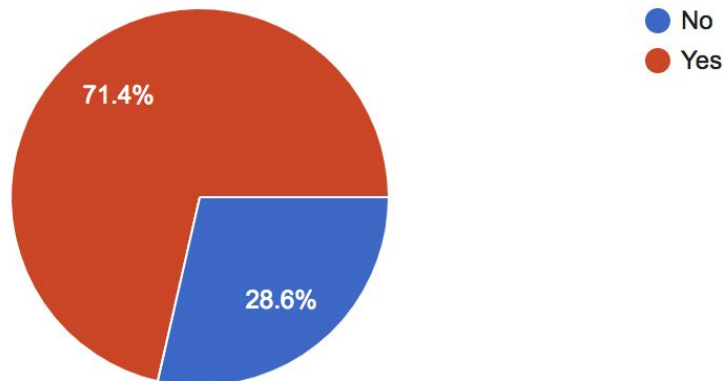
### After this event, are you more or less likely to seek support for your mental health?

7 responses



### Did you know about community resources before this event?

7 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	3
Off-campus MH support	3
Traditional / spiritual	2
Family	3
Friends	3
Professors / mentors	1

The arts / creativity	<b>5</b>
Fitness / physical activity	<b>5</b>
Online resources	<b>4</b>

How did you hear about this event?	
Friend	<b>17%</b>
Online / Facebook	<b>17%</b>
Student Association	<b>67%</b>

What was your main takeaway?
<ul style="list-style-type: none"> <li>• Intersectionality</li> <li>• Mental Health is stigmatized</li> <li>• Films are a tool for social change</li> <li>• We need to talk openly about mental health</li> <li>• It's okay to reach out</li> </ul>

If you were telling a friend about this workshop, you would describe it as:
<ul style="list-style-type: none"> <li>• Open, socially aware, and anti-racist</li> <li>• Good conversation</li> <li>• Insightful and resourceful</li> <li>• Meaningful time for your life</li> <li>• Enlightening</li> <li>• A welcoming space for reflection and discussion</li> <li>• So empowering, makes difficult conversations easy</li> </ul>

How might you use what you learned today?
<ul style="list-style-type: none"> <li>• Talk more openly about my own social anxiety</li> <li>• Increase conversation and dialogue</li> <li>• Seeking help and knowing your resources</li> <li>• TBD</li> <li>• I'll add films as a support resource</li> <li>• Ask for help</li> </ul>

What are the biggest barriers to your mental wellness and/or receiving mental health support?

- High profile professional
- Not being properly seen
- Access to resources and long waitlists
- What others are going to say. Stigma and fear.
- Lack of access, ON medical system is a #mess.
- Service providers want to deal with one issue at a time.
- Not being believed

How can we improve this event in the future?

- Be clear in advertising the nature of event
- It was great!
- More time to talk
- More vids about racialized people, racism and Islamophobia
- Make it longer
- Advertise far and wide

Major

Mental Health

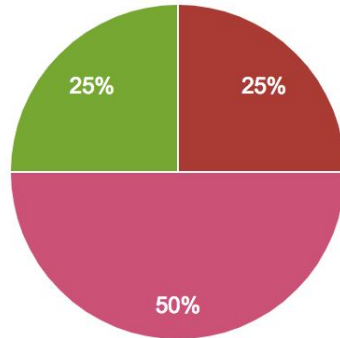
Food and Nutrition

Film Studies

Continuing Education

### Year

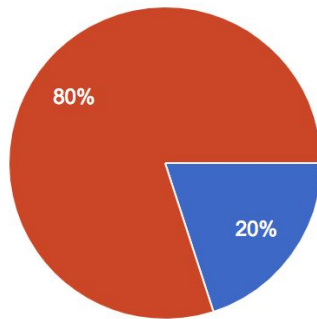
4 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

### Gender Identity

5 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Black / African / African-Canadian	3	43%
Hispanic / Latinx	1	14%
Middle Eastern	1	14%
White / Caucasian	2	29%