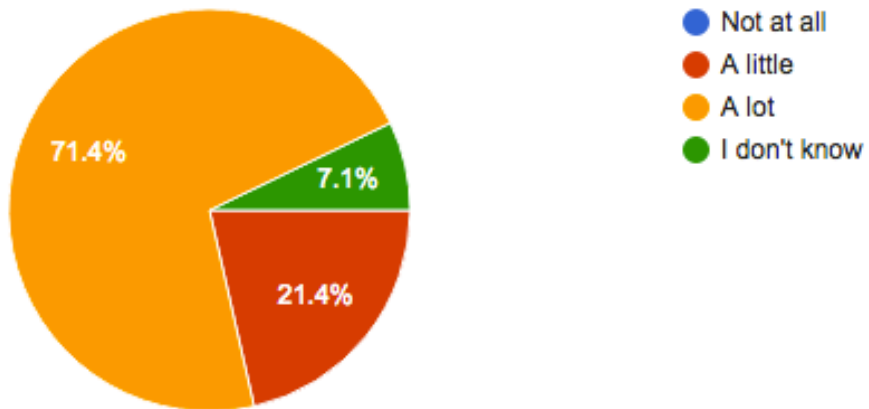


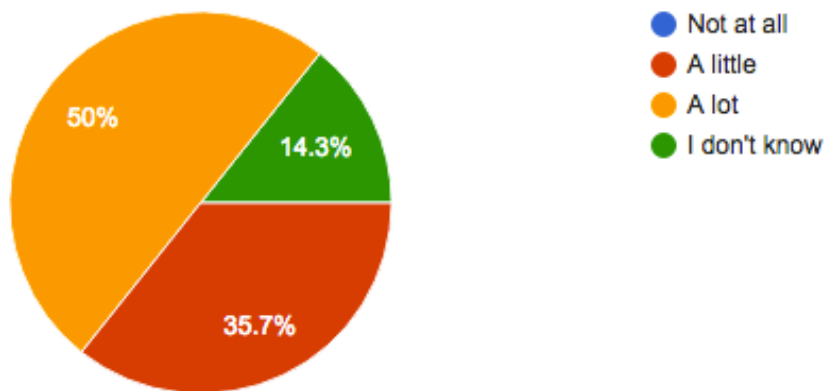
## Saint Mary's University March 7, 2017

N= 13 evaluations, ~ 23 people in attendance

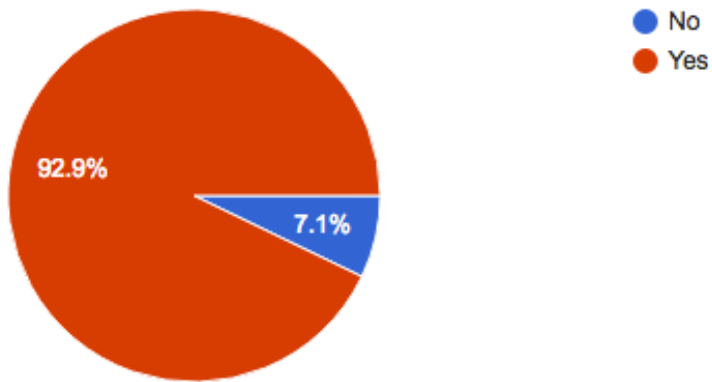
In your opinion, did this event create awareness of mental health issues?



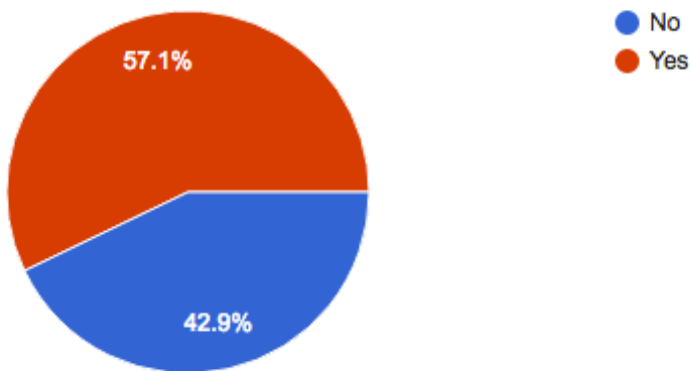
In your opinion, did this event reduce stigma related to mental illness?



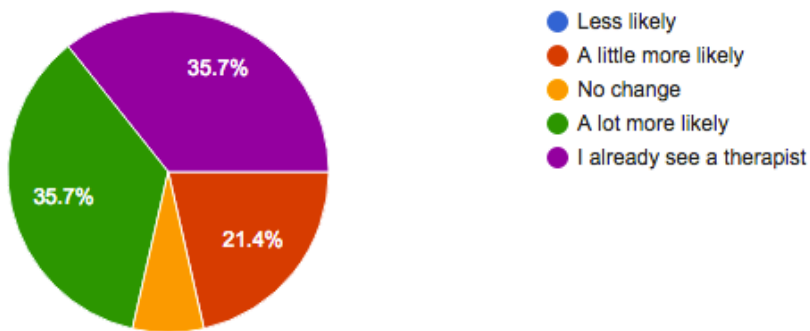
Did you know about your school's counselling services before this event?



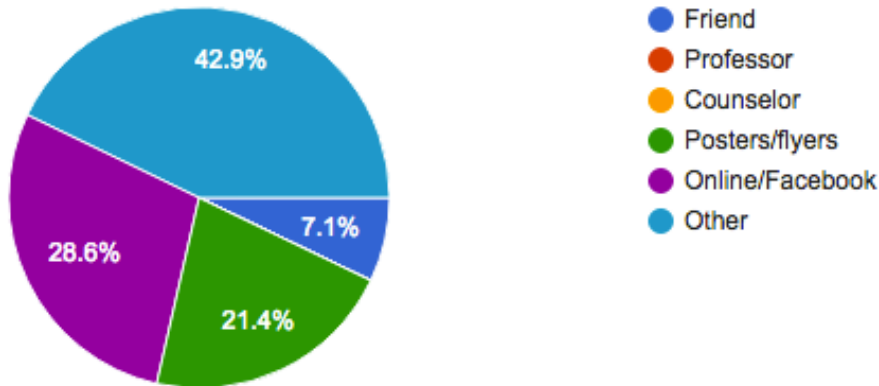
Did you know about community resources before this event?



After this event, are you more or less likely to use your school's counselling services?

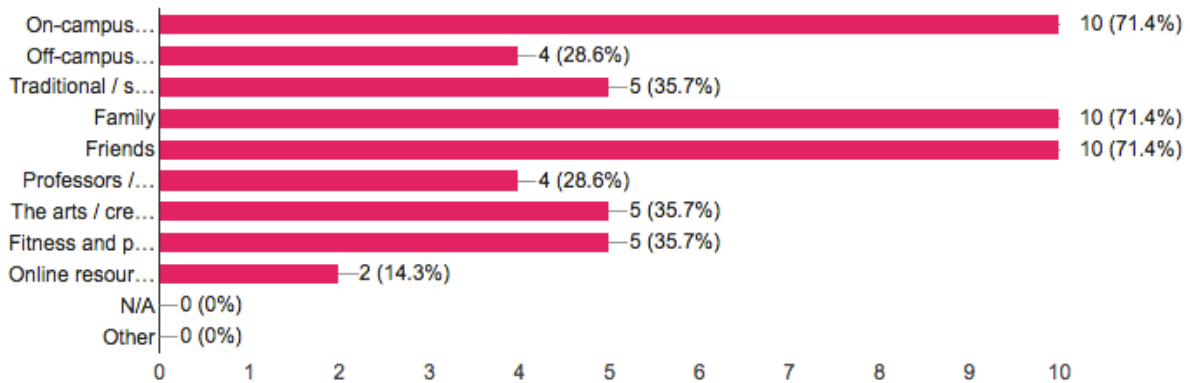


**Referral Source** - How did you hear about this event?



\* Other includes on panel (2), Healthy Minds Team (1), Through work (1), word of mouth (2)

**Support Category** - What type of mental health support would be most useful to you?



- On campus services, family and friends the highest response
- Traditional / spiritual, arts / creativity and fitness / physical activities second highest responses

**What was your main takeaway?**

- It's okay to talk
- There's lots of on campus options
- The students sharing their stories and how they overcame / are overcoming their illness
- Learning how others define mental health / illness.
- Everyone has a purpose
- Learning about people in my circles of MSU and their stories and perspectives

- Mental health is common; can be portrayed interestingly in media
- Mental health is important
- It's important to reflect and evaluate how you're doing
- Hope
- Every experience is unique and can teach new things
- Every experience / perspective can give you a new perspective and understanding

**How would you describe this event to a friend?**

- Resourceful
- Great
- Interesting and insightful
- A panel where we watched videos about mental health then discussed the videos along with our own experiences.
- Comforting, informational, casual
- Meaningful
- A serious discussion about mental health on campus and in general
- Great
- Delightful
- Very creative, movies were great.
- Good facilitation of dialogue
- Positively
- Very interactive and cool, non threatening
- An amazing mix of influential videos, good discussion, eye opening perspectives, personal stories and resources.

**How can we improve this event in the future?**

- More promotion for a bigger turnout
- Maybe longer video explaining more in depth.
- More promotion
- Attendance
- Numbers, attendance
- More promoting for a better turnout
- I thought it was great

**Major:**

English (2)

Psychology (4)

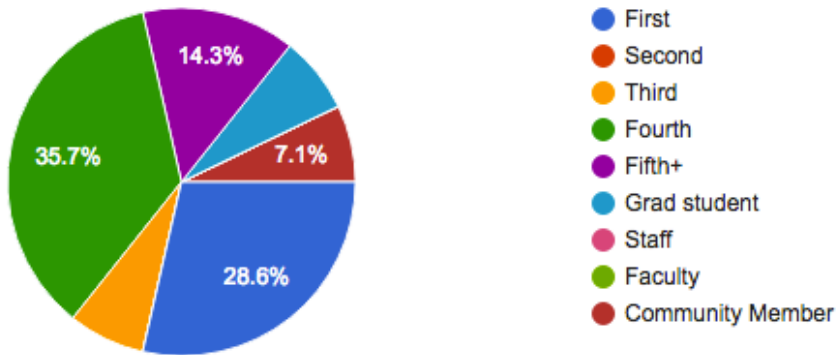
Philosophy (2)

Applied Science

Economy

International development studies

**Year**



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

**Gender**

Female	Male
9	5
64%	36%

**Ethnicity**

Black / African Canadian	Middle Eastern	White / Caucasian
2	1	12
15%%	8%	92%