

Movies for Mental Health

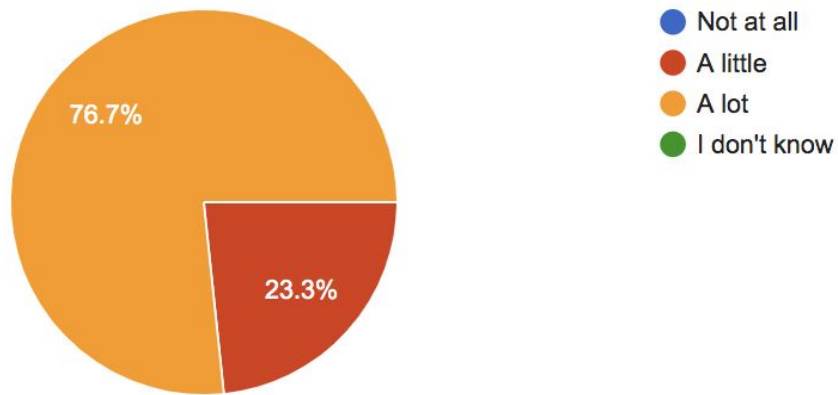
Post-Workshop Evaluations

Seneca College King Campus
October 9, 2019

Number of attendees: 90
Number of evaluations: 60

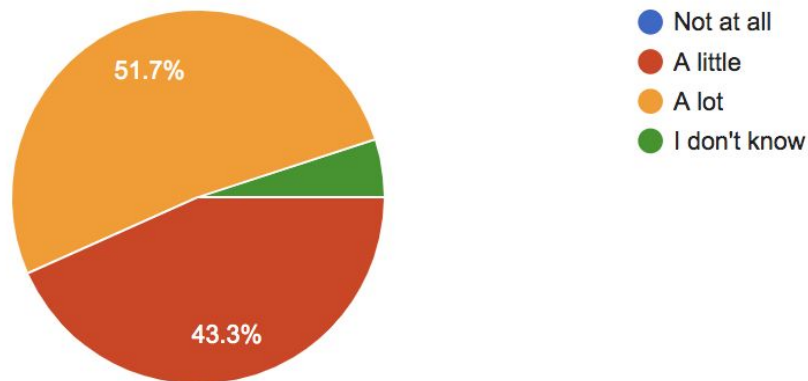
In your opinion, did this event create awareness of mental health issues?

60 responses



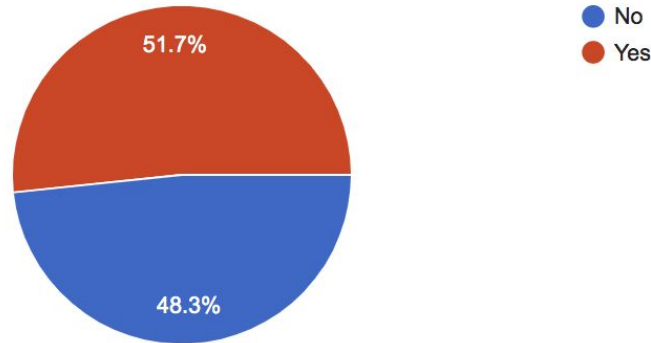
In your opinion, did this event reduce stigma related to mental illness?

60 responses



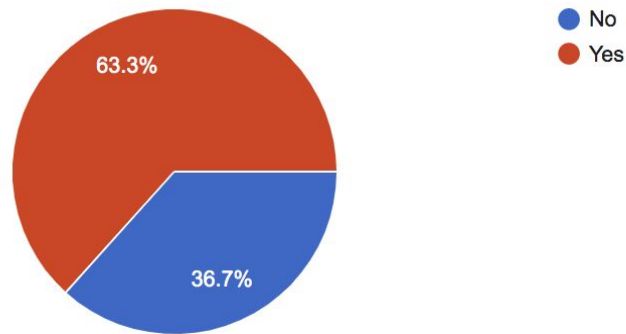
Did you know about the community resources before this event?

60 responses



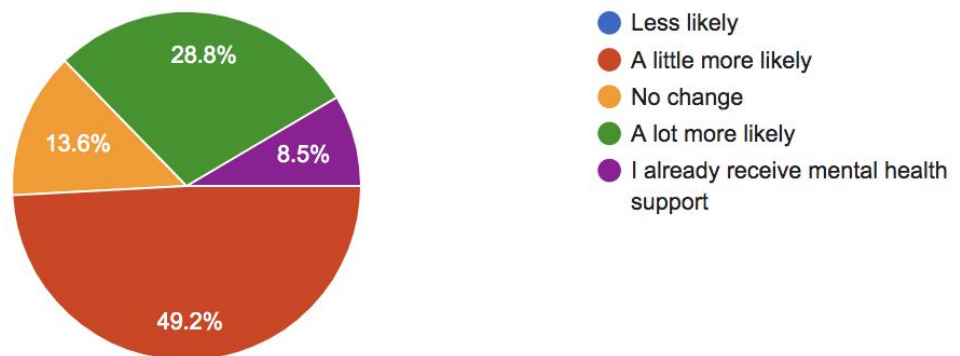
Did you know about your school's counseling services before this event?

60 responses



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

59 responses



What type of mental health support do you think would be most useful to you?

On-campus MH support	33
Off-campus MH support	17
Traditional / spiritual	11
Family	22
Friends	22
Professors / mentors	12
The arts / creativity	17
Fitness / physical activity	19
LGBTQ+ supports	1
N/A	4

How did you hear about this event?

Friend	7%
Professor / class	88%
Posters / flyers	5%

What was your main takeaway?

(Highlights: see raw data for full list)

- Impacts of stigma (2)
- Mental Health is a major issue (2)
- To be more sensitive towards Mental Health
- Spread awareness, healthy conversation is key.
- Informative
- Step-up, advocate, reach out and be aware
- That it is okay to seek help
- Mental Illness happens more often than we think
- That mental illness is not simple
- Mental Health is important for everyone
- Stigma around mental health is alive and well. We need to take steps to change that.
- It's good to talk about your feelings to a professional
- Mental Health is important to talk about to remove stigma
- Strength and resilience is very good to develop and have for life success

- Free services
- The importance of sharing personal stories
- Everyone has a story
- How to heal with MH issues
- Learning about stigma and its impacts
- Counselling is available at our school.
- Stigma vs Stereotype
- That stigma is everywhere and the only way to diffuse it is through education
- How MH affects different populations, long term, intergenerational and all walks of life.
- Support is always there
- Everyone comes from different walks of life. Support ourselves + others
- The different ways individuals with mental health express themselves
- We need to reduce stigma and seek support
- Its okay to not be okay and people can help and are accessible
- Break stigma and bring awareness (2)
- The meaning of mental health and how to get help from school resources
- There are services for students who are First Nations

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

- A good way to start a conversation about mental health
- A knowledgeable workshop (2)
- A workshop to better help understand mental health.
- A workshop to help the stigma against mental health
- Detailed and full of useful resources
- Educational
- Effective knowledge
- Encouraging to betterment
- engaging, open , positive, interactive, inclusive, fun.
- Enlightening
- Excellent
- Eye opening
- Helpful (2)
- Helpful and knowledgeable
- Impactful
- Important learning experience. Eye widening .
- Informative (4)
- Informative and engaging
- Informative and inspiring
- Informative and worthwhile
- Insightful and helpful
- Inspirational
- Intellectual and beneficial
- Interesting
- Moving and motivating
- Non-judgmental, inclusive, mindful
- Personal stories that are inspiring to one going through hard times
- Powerful and informative
- Relevant, eye opening, comfortable space.
- Useful (3)

- Very informative, touching and useful.
- Well done. Very powerful!
- Wonderful

How might you use what you learned today?

(Highlights: see raw data for full list)

- Access services (4)
- Advocacy
- Avoid stigmatizing and acknowledge my internalized stigma
- Be an ally
- Be more aware of the mental health of people surrounding me.
- Be more mindful
- By being aware of stigmas and avoid using them. Also encouraging others not too.
- Continue to educate myself and others
- Create awareness
- For self and friends to seek help
- Furthered awareness of mental health portrayed in media
- Gained a different perspective. Better understanding
- I am more aware and will spread awareness to others.
- I want to be involved in spreading awareness for mental health.
- In my career (3)
- In my community and for myself. Self-care
- In SSW field. This is a new view for me to express and understand
- Keep open ears to friends
- Not to make assumptions
- Share with my family
- Share with people I know suffering from mental illness
- Stigma, stereotypes, cultural stigma
- To educate people
- To guide someone who needs help
- To help keep my mental health positive
- To help others in need of these services
- To help the needy
- To help the people surrounding me
- To not be afraid to seek professional help
- To speak out and advocate
- Volunteer with indigenous students (2)

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

(Highlights: see raw data for full list)

- Accessibility (2)
- Being misunderstood
- Closed off
- Constant life
- Courage

- Cultural shame
- Culture
- Embarrassment
- Fear
- Fear of judgment
- Feeling like a failure
- Feeling vulnerable
- Finances , Lack of trauma counselling , lack of time
- How I would be viewed
- I don't like to focus on myself
- I'm trying to help someone close to me dealing with extreme anxiety and paranoia.
- Judgment (2)
- Limited resources
- Long wait to see therapist
- My own personal stigma
- Myself
- Not able to identify my problems
- Not knowing resources and where to go.
- Resources
- Scared to share. Invalid feelings. I want to be able to be strong alone.
- Scared, afraid and denial
- Stigma (3)
- Time (4)
- Money (3)
- Uninformed, alone, unsure of where to go and what help to seek.
- Waiting so long for an appointment

How can we improve this event in the future?

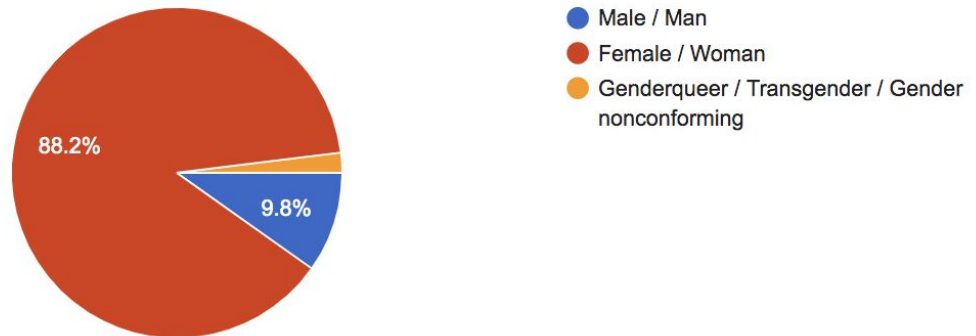
- Less disturbance from outside
- Add an art segment
- Preparation (2)
- Good event!
- Do it once a month
- Tech support / tech-related (10)
- The event was great. Keep up the good work!
- Subtitles in movies (2)
- Set up videos in advance
- Broaden to other culture
- More awareness
- More student speakers
- Time management
- It was good
- Make it longer (2)
- Did a good job (2)
- Give more information
- Hand out materials
- More group activities , guest speakers with personal experience
- Start later, 12pm
- More student stories
- Provide list of free resources

Major	
SSW	57%
CMH	34%
SSWA	2%
Mental Illness	2%
VTA	2%

Year	
First	88%
Second	10%
Faculty	2%
Community Member	2%

Gender Identity

51 responses



Race / Ethnicity		
Asian / Asian-American	10	18%
Black / African / African-American	8	14%
Hispanic / Latinx	4	7%
Indian / South Asian	6	11%
Middle Eastern	4	7%
Native American / First Nations	6	11%
White / Caucasian	26	46%
Other	1	2%