

Movies for Mental Health (Online)

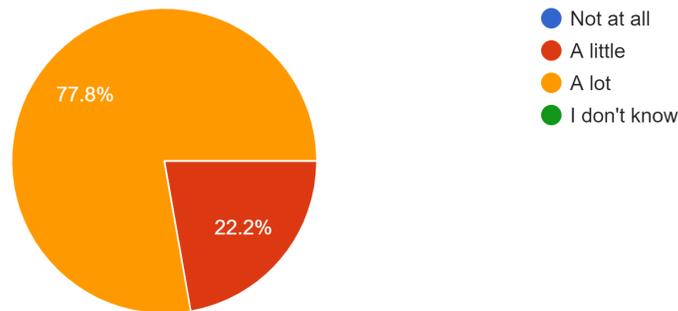
Post-Workshop Evaluations

Seneca College
October 6, 2021

Registrants: 135
Approximate maximum attendance: 31
Number of evaluations: 18

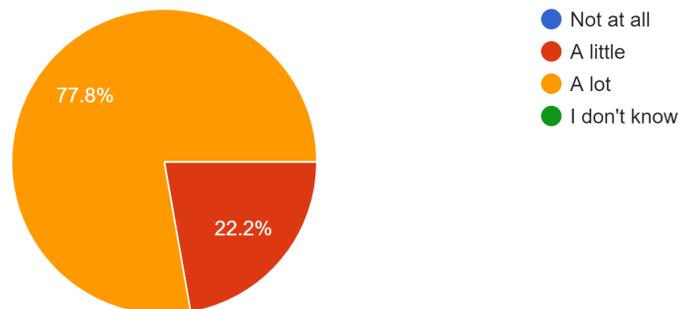
In your opinion, did this workshop increase your awareness of mental health issues?

18 responses



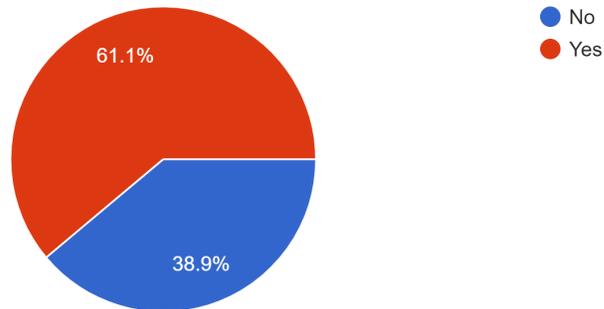
In your opinion, did this workshop help you confront and address stigma related to mental illness?

18 responses



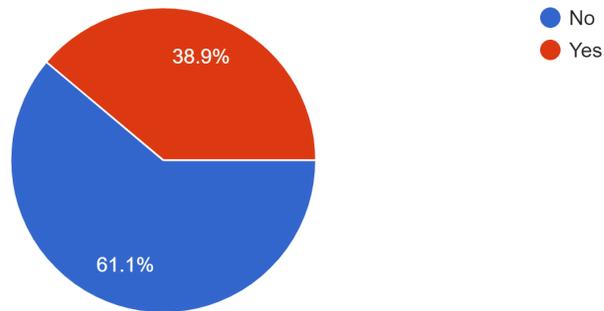
Did you know about your school's counseling services before this event?

18 responses



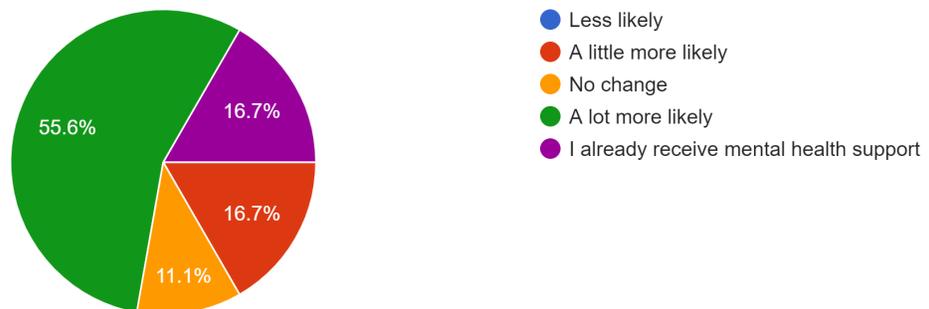
Did you know about the community resources before this event?

18 responses



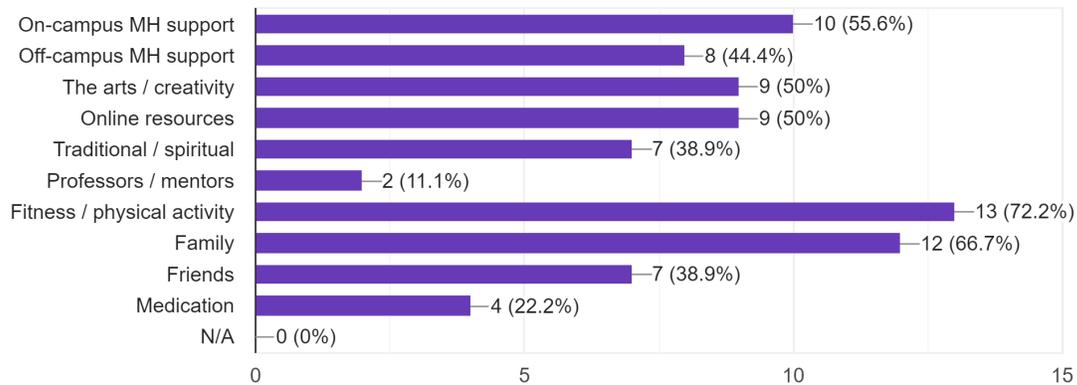
After this event, are you more or less likely to seek support for your mental health?

18 responses



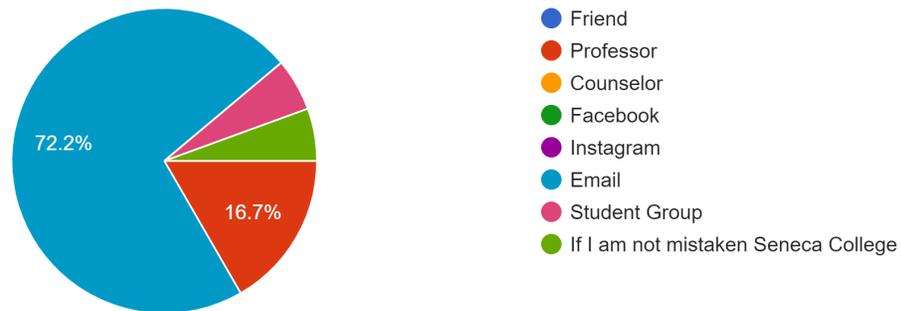
What type of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

18 responses



What was your main takeaway?

- It's wonderful that Seneca is working to reduce stigma surrounding mental health issues and has so much help and so many resources for students who are struggling with mental health
- Mental health issues are nothing to be ashamed of and if you keep looking for support, you will find it.
- My main takeaway was to really be comfortable with seeking support from friends or family members. I found the techniques that were mentioned extremely helpful and I will be using them in my everyday life and reminding myself that asking for help does not have anything to do with me being "weak".
- Do not be afraid to share your thoughts and feelings with people you trust. They sure can understand and give good advice. You'll never know that you have a good support system unless you open up and ask for some help to people you trust the most.
- Always appreciate little things in life
- There's no shame in needing support.

- Wellness does not have to be new
- Sharing is the first step in improving Mental Health. I learned about stigmas in movies about Mental Health. It was inspiring.
- Seneca's services
- Having a support system is important
- be well and be nice to each other
- Reach for help even if it is hard to do
- love yourself and take care of our own mental health is really important
- I love the videos about stigma and depression which hit and taught me.
- I learned the schools has a lot of counseling services
- Stigma Issue
- struggle is real not for one but for everyone so be kind and respectful.

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

- I would describe the workshop as a helpful workshop where they can learn new techniques that they can adjust to their every day life to improve their own health and well-being.
- This workshop was a mental health introduction and provided many resources to support mental health
- Extremely informative and beneficial to learning about mental health.
- welcoming and informative
- Very appropriate and helpful to the youth
- Warm & welcoming, safe space
- Impactful
- Inspiring, supportive and relaxing
- A great eye opener for mental health.
- students mental resources
- Comfortable
- great and informative
- Engaging
- Amazing
- Interesting
- good workshop to watch some good short movie
- mental health not always about illness, it is about knowing yourself better and accepting

How might you use what you learned today?

- to advise students about mental health resources available @ Seneca
- I will do my best to be sensitive to others feelings and less judging.
- I am planning to use counselling services
- I will use what I learned today before I go to lectures
- I would spend time focusing on myself, and learn how to calm myself at times when going through rough times and appreciate what I already have and release the tension.
- The breathing exercise helped me refreshing and relaxing my mental health so I would practice it and share my mental health issues with others to support it.
- If I ever feel the need to reach out to someone for mental health support, I would first go to the Seneca Counselling service and request it.
- Doing more check-ins with myself whenever I need it. Booking a session with Seneca's Mental Health Services

- in class
- I might use them in my daily conversations, social life and maybe even my academic life.
- My mental health is key to life success
- be nice to each other
- in everyday life
- be more mindful about our own mental health and seek the resource provided if I ever struggle
- I can do physical activity now and I will know it will help my mental health
- a lot
- i would like this information to use it for my self and for friends who are in need.

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

- I was taught as a child that seeking for help was known as being "weak" and that "humans are able to fix their own emotions and don't need help" which after studying in psychology I came to the realization on how much damage those words had on my mental health and well-being. I don't have any current barriers at this moment since I've been able to ask for help when needed and at times have seemed for mental health support when I was at my lowest. This workshop taught me to be kind to myself and respect my emotions and by seeking help, learn how to cope with those emotions and be in control of my own health and well-being.
- stigma and not knowing what's available
- Family line
- Thinking that not a lot of people will understand
- I am not 100% sure
- It was mostly shame and being tired of trying constantly.
- Being shy to share my thoughts and feelings and afraid that I might be judged
- when you don't know all resources
- Being comfortable or taking an extra step to ask for help
- being shy
- Financial
- shame, not having the confidence or it might not help to solve the main issue
- The fear and shame are the biggest barriers to your mental wellness and/or seeking mental health support.
- Stigmatization, fear of admission, fear of rejection/humiliation.
- Covid 19 and quarantine
- financial
- its me, over anyone, i always felt like i am enough don't need anyone to tell me what i am feeling

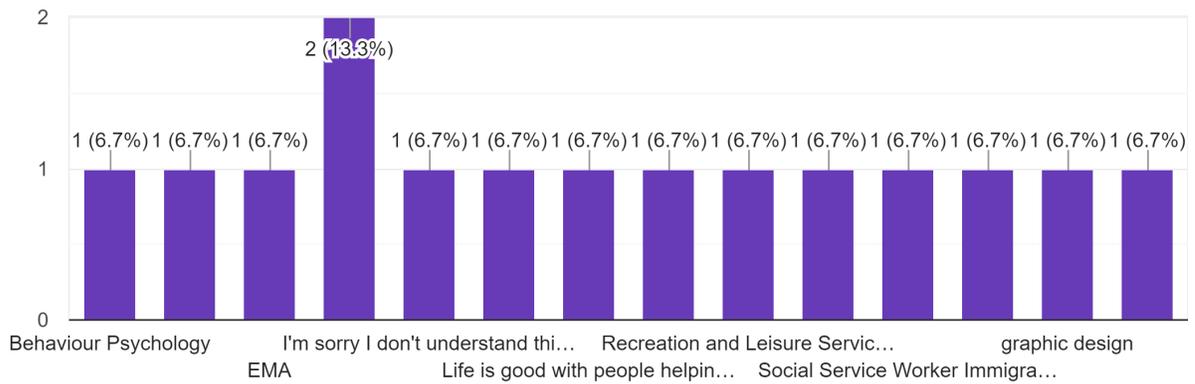
How can we improve this event in the future?

- it was great! A+++
- It was such a wonderful event just that it takes so long
- First time attending and I think everything was just right :)
- Camera for attendees
- By making it about other interests, mental health and art was a great matter now it could be mental health and relationships/fitness/academic life.
- None at all. The event looks great and very helpful.

- May be to use zoom
- Start before or after lunch period
- i think it is good this way
- Keep it up it was amazing
- creating more interactive session with the attendee
- I don't think there's anything to improve but I certainly wish that this workshop was also performed in schools since teens have also been dealing with mental health issues and some are unable to seek for help and don't know how to cope with the "odd" emotions they have never dealt with.
- This event should allow participants to turn on a microphone to speak and ask questions.
- I really enjoyed the videos you brought up! I wish you had a list of similar videos that I could access.
- It could be recorded for people to see it if they cannot attend.
- show more movie
- interaction with members more and discussing more.

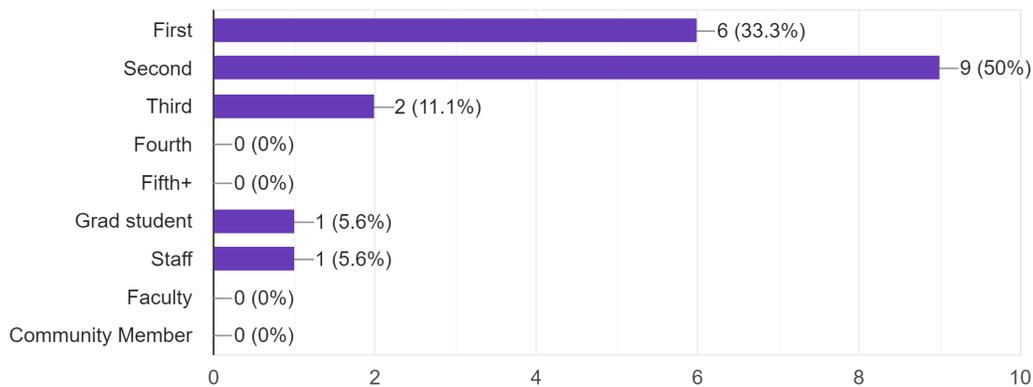
Major

15 responses



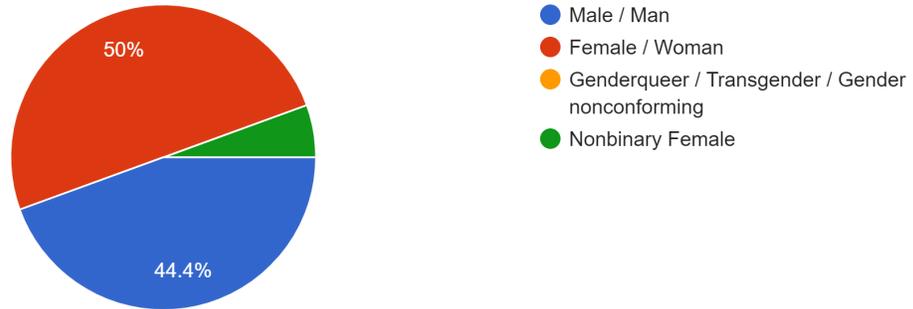
Year

18 responses



Gender Identity

18 responses



Ethnicity

18 responses

