

Working On Our Wellness (Online)

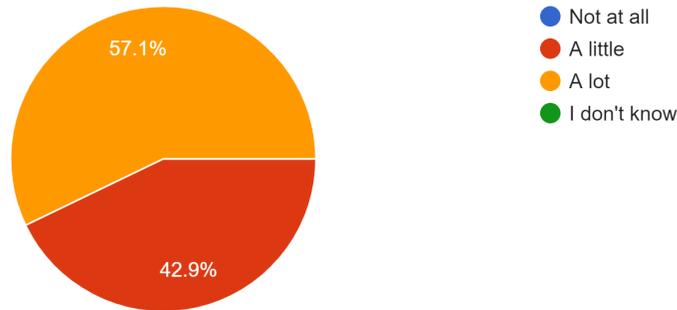
Post-Workshop Evaluations

Seneca College
Wednesday, February 23rd, 2022

Approximate maximum attendance: 27
Number of evaluations: 24

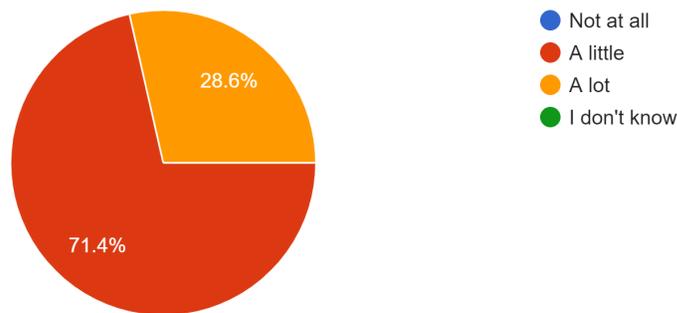
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



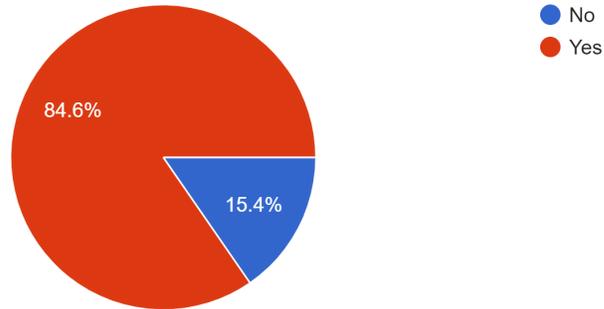
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



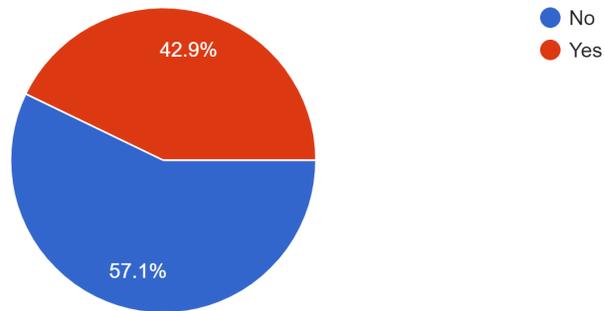
Did you know about your school's counseling services before this event?

13 responses



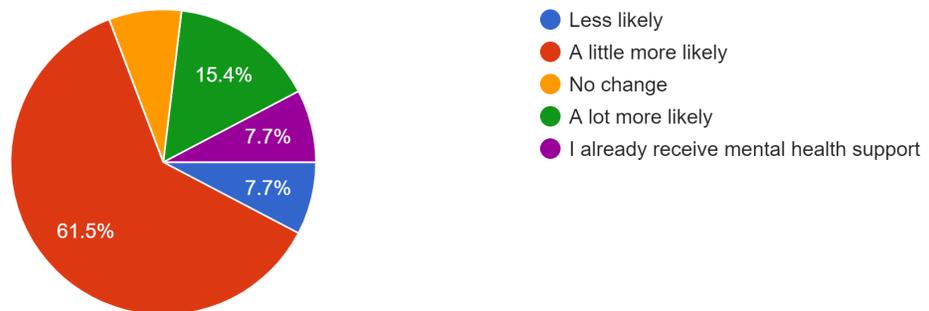
Did you know about the community resources before this event?

14 responses



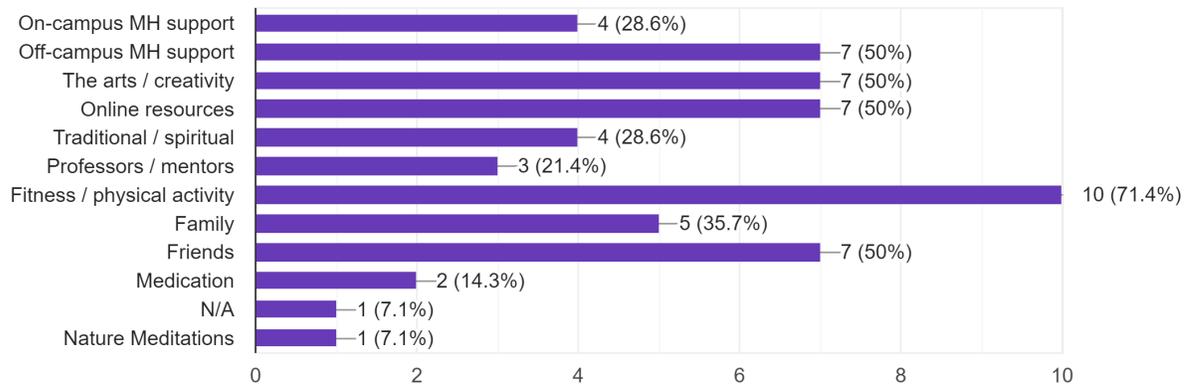
After this event, are you more or less likely to seek support for your mental health?

13 responses



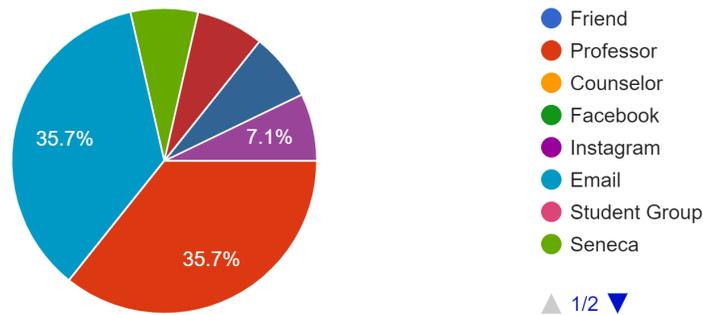
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?

- Mental health is important, regardless of one's beliefs, race, or status, and that to ask for help is not a shameful and weak action to make.
- Not so much a take-away, but it was a nice bit of "me-time"... so I guess the takeaway is how important little moments of self-care really are.
- I realize that it's okay to admit being not okay and to ask for help and that we are our own person with our own process and that's okay
- We aren't alone

- There are many people around me who are experience similar mental health problems like me, I'm not alone, and there are also people who are willing to listen and understand me, help me to get through tough time.
- That mental health is just as important as physical health and whenever you are not feeling okay you should reach out for help

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- Very informative, eye opening, and educational
- Fun, engaging, positive, chill and open
- Sweet, whole-hearted :)
- Inspiring, eye-opening
- A helpful and informative workshop about Mental Heath Awareness
- A workshop that talks about mental health, provides different useful sources and also includes art that helps explaining what mental health battles can look like as well an amazing energy from the hosts!

How might you use what you learned today?

- I will use this workshop in future in regards to being a SSW
- Be more open about mental health
- By being more aware of other silent struggles. Sharing more of my own struggles to spread more awareness.
- I would use what I learned by beginning to practice opening up to my friends, especially those who I haven't spoken to in a long time.
- Give more of these workshops a chance!
- I will be kinder to myself and to others as well by listening to their stories and being genuine about it. Also as a SSW, I will apply it whenever I'm dealing with clients suffering from mental health issues
- By supporting my friends experiencing mental health. As a future educator this will help me when working with children.
- I will apply what I learned today to my daily life to improve my mental wellbeing and also to help people around me (family, friends,...)

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

(Highlights: see raw data for full list)

- Feeling guilty and weak
- Availability & being able to access the resources. Finding counseling services that are affordable & easy to access.
- Pride and judgment.
- Cultural stigma, vulnerability to sharing it with parents, my own paranoia/skepticism, a sibling's viewpoint on mental health and wellness
- Not know where to look
- Having the time to seek for that help
- I feel really anxious and stuck to express everything that I've been suffering from, because sometimes it even feels hard to understand my own self.
- Sometimes I can be really shy and I'm also a person that doesn't really like being and feeling vulnerable but I understand that it's not a weakness and sometimes it's necessary to speak to someone about how I'm feeling

How can we improve this event in the future?

- Make more accessible, so much loop holes just to log on.
- That it could be in-person--- haha aside from that, it was a lovely event. Hopefully when circumstances improve, we would be able to participate in the event in the flesh.
- hmmm. not sure. lots I appreciated here (no cameras, no mics, lots of polls, no breakout groups...)
- Maybe just on the technical side but overall it was great, Shaun was very interactive and positive
- More interactive polls! Loved the polls

Major

13 responses

not major but Social Service Worker - Gerontology

Social social worker

Social Service Worker

Social service worker

Technology issues can sometimes be very difficult and then my anxiety takes over.

undeclared

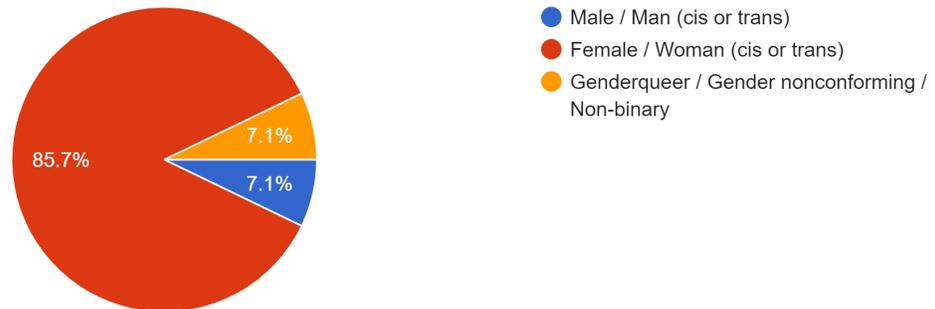
Infant/Early Child Mental Health

Social Service Worker

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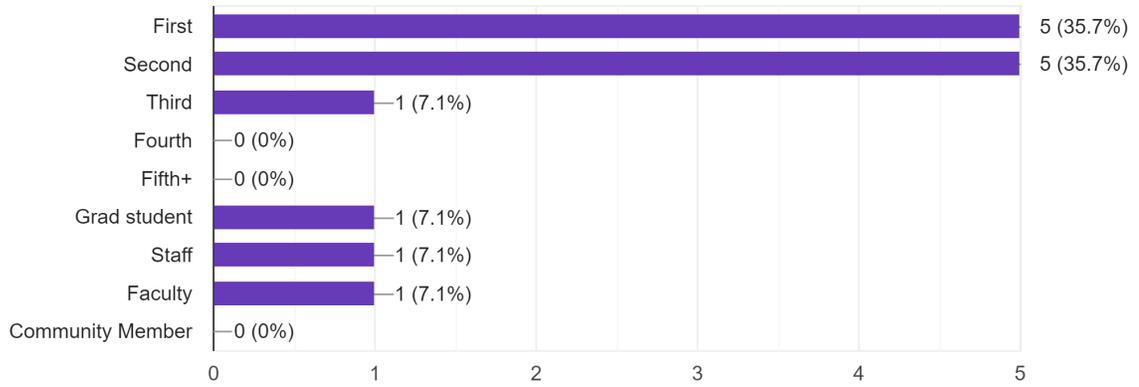
Gender Identity

14 responses



Year

14 responses



Ethnicity

14 responses

