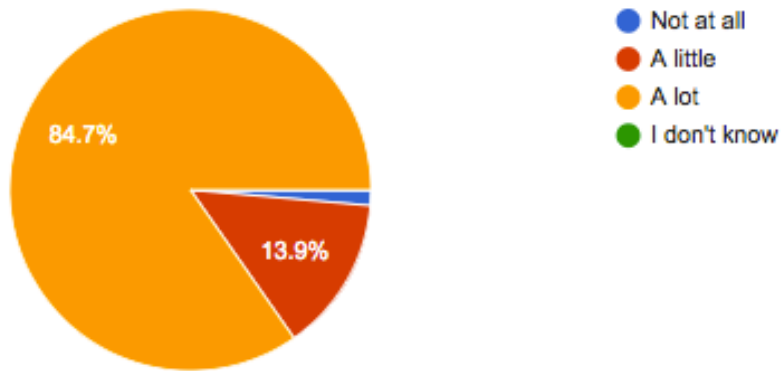


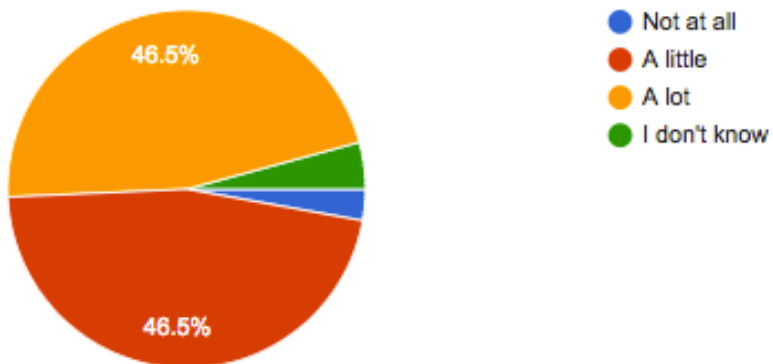
Seneca College October 2, 2017

N= 73 evaluations, ~ 95 people in attendance

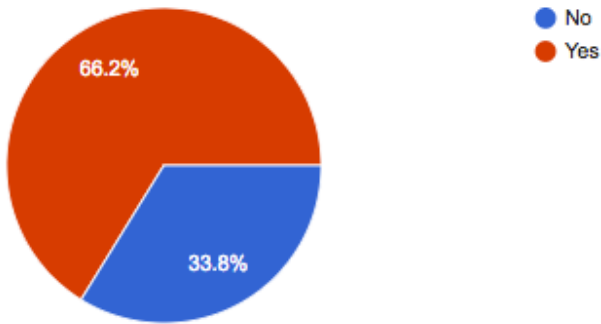
In your opinion, did this event create awareness of mental health issues?



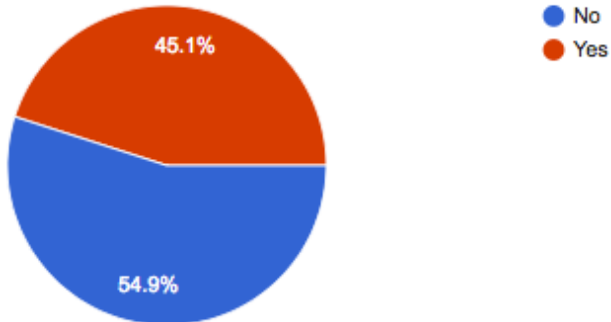
In your opinion, did this event reduce stigma related to mental illness?



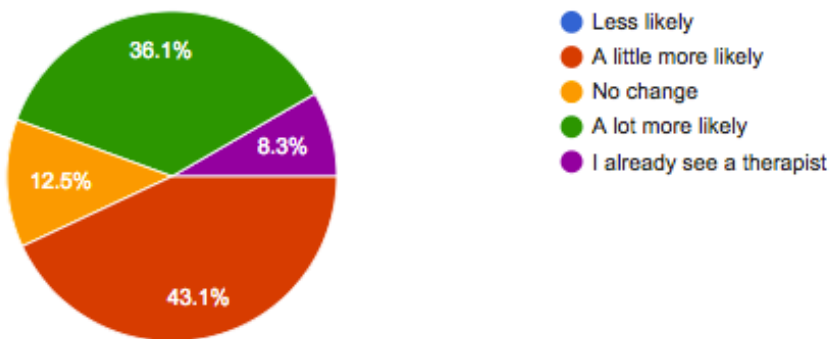
Did you know about your school's counselling services before this event?



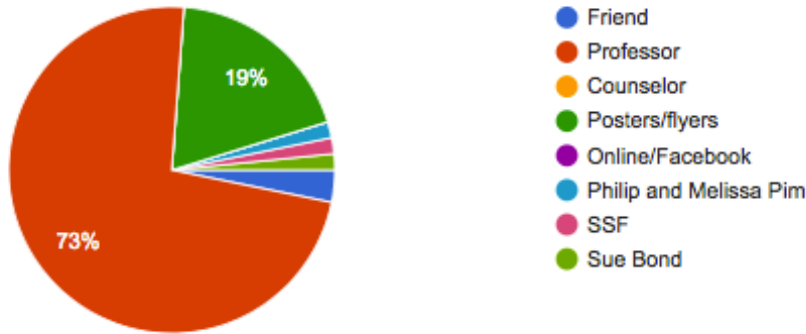
Did you know about community resources before this event?



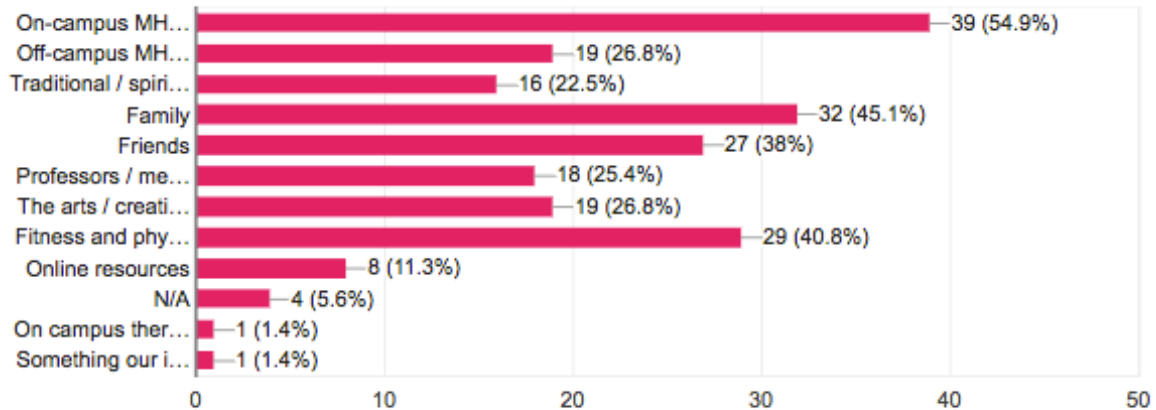
After this event, are you more or less likely to use your school's counselling services?



Referral Source - How did you hear about this event?



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



What was your main takeaway?

- Becoming more aware (4)
- Everyone deals with mental illness differently
- Everyone experiences mental health
- How to spread awareness
- I find this event interesting, I would definitely attend it more in the future.
- I liked the video 'FINE' and Shoshannah's story
- It's normal to have mental health, nothing to be ashamed of
- Just the reminder of how important it is to take care of yourself and seek help
- Just to remind people to look out for those in need, don't judge
- Keep an eye out for signs of depression and keep trying to reduce stigma
- Mental health is very real and very significant (2)
- Mental illness is scary and you shouldn't have to face it alone
- MH does not define who you are

- More mental health awareness regarding the stigmas
- Stigmas related to mental health are debilitating
- That there are many resources around school for mental health support
- That you all made me open up to my mental health
- That you don't have to feel alone, there is help (2)
- To seek help for your mental health (2)
- You are not alone and you can always find help
- You don't need to feel alone anymore

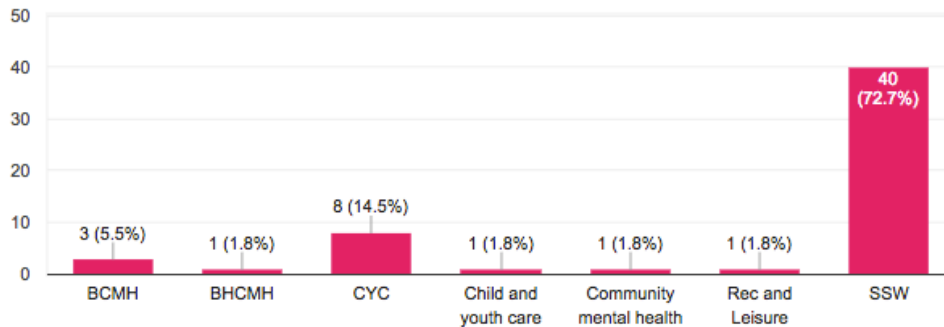
How would you describe this event to a friend?

- A chance to have real and relevant conversations about mental health
- A supportive seminar to better inform you on mental health
- A very helpful and educational event
- Awareness of mental illness (2)
- Basic information surrounding mental health
- Educational and resourceful
- Enlightening
- Extremely informative and creative
- Helpful (2)
- I liked the group discussions after each video
- Informative and engaging (2)
- Inspirational, eye-opening to other's experiences
- Inspiring, informative, friendly
- Inspiring, moving, scary, helpful
- It explains the main parts of mental illness, wellness, and stigma
- It is vital to life
- Long, tedious, tiring
- Powerful
- Short films and discussions about mental health
- Super interesting, learned a lot
- That it was fun, enjoyable, loving, and that it can help them in their life
- This is a great place to understand mental health and also retrieve info regarding mental health awareness
- Very informative to what mental health is as well as stigma
- Very informative, definitely recommend
- Very interesting
- Very touching
- Welcoming

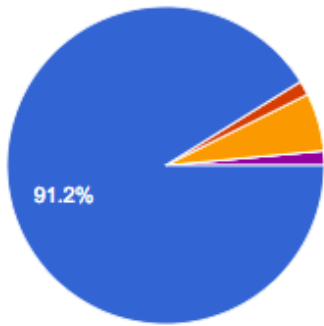
How can we improve this event in the future?

- Add more space, more comfortable seats (3)
- Discuss intersectionality and how different mental health is for every individual. More diverse services and services related to spirituality
- Everything was perfect
- Get more individuals to talk about mental health and people who love people w/ mental illness
- Have more students share their story like Shoshannah (5)
- Insightful
- Maybe have a more diverse range of race in films
- More films (3)
- More hands on / activities (2)
- More stories from people who have experienced an illness
- No way, it's great!
- Speak about the difference between MH and illness and stigma (where it derives), how to be an advocate
- Speak more about mindfulness, ways to cope with anxiety
- The end portion dragged on, could have just left info in the pamphlet

Major:

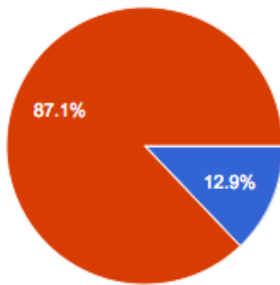


Year



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

Gender



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

Ethnicity

Asian / Asian Canadian	Black / African Canadian	Middle Eastern	South Asian / Pacific Islander	Hispanic / Latinx	White / Caucasian	Caribbean
10	17	5	2	2	28	1
16%	27%	8%	4%	3%	45%	2%