

Seneca College
November 22, 2016

N= 14 evaluations, ~ 42 people in attendance

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

Not at all	A little	A lot	I don't know
0	2	11	1
%	14%	79%	7%

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

Not at all	A little	A lot	I don't know
1	5	6	2
7%	36%	43%	14%

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

No	Yes	N/A
5	7	1
38%	54%	8%

Did you know about community resources before this event?

No	Yes
8	5
62%	38%

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

N/A	No change	A little more likely	A lot more likely	Already seek help
1	1	2	4	6
7%	7%	14%	29%	43%

Referral Source - How did you hear about this event?

Fellow student	1	7%
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Friend	3	21%
Last minute flyers	1	7%
Posters	3	21%
Previous mental health event	1	7%
Seneca announcements	1	7%
Teacher	3	21%
Terry	1	7%

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

Community based events	1	10%
Friends	1	10%
Psychotherapy	1	10%
PTSD in law enforcement	1	10%
Therapy / Counselling	6	60%

What was your main takeaway?

- Conversation is vital
- Gave me more knowledge on mental illness
- Knowledge about campus mental health
- Mental health problems can surface in many different ways
- Mental illness is everywhere
- Reduce stigma and spread awareness
- That it is ok for people with mental health / illness to feel the way they feel and to have help
- The information about mental health
- There is always help
- You are not alone and there are many resources to get help

How would you describe this event to a friend?

- A group of great people touching up on a really important cause. Terry was great!
- As a positive event, that gives insight to different types of mental illnesses
- Educational, understanding
- Enlightening
- Informative event to promote mental health / mental illness (2)
- It was a good experience to improve a lot of problems in life
- Valuable info
- Very informative and well directed, lots of opportunity to actively participate
- Very informative, lots of information about mental health

How can we improve this event in the future?

Advertise this event more widely

Having more personal experience, mental health clients as speakers share their journey of mental health

More announcements, maybe talk about it more often

More diversity between disorders / illnesses

Major:

BSCN (8%)

Child and Youth Care (33%)

ECE (8%)

General arts (8%)

Nursing (25%)

Police Foundations (17%)

Year

First	Second	Community Member
9	3	2
64%	21%	14%

Gender

Female	Male
11	3
79%	21%

Ethnicity

Asian / Pacific Islander	Black / African Canadian	South Asian	White / Caucasian	Guyanese
1	2	1	8	1
8%	16%	8%	62%	8%

Anything else we should know?

- Family has mental health / illness background.
- I <3 Natalie
- I want to be a part of spreading knowledge to the black community. How can I help?