

# Movies for Mental Health

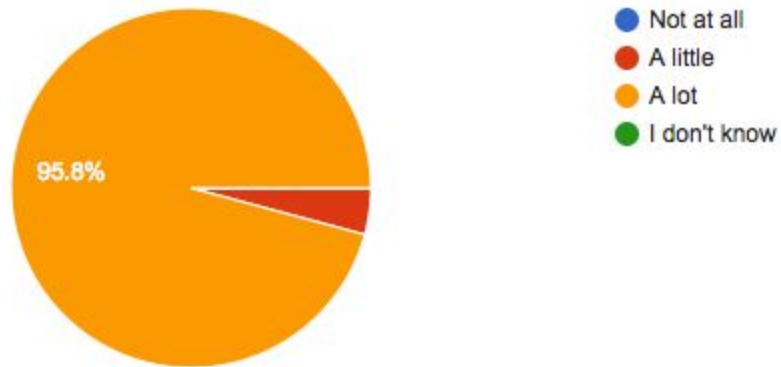
## Post-Workshop Evaluations

Seneca College King Campus  
November 20, 2018

Number of attendees: 115  
Number of evaluations: 48

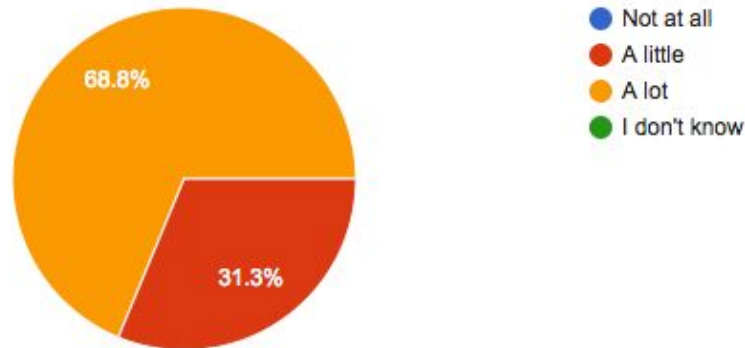
**In your opinion, did this event create awareness of mental health issues?**

48 responses



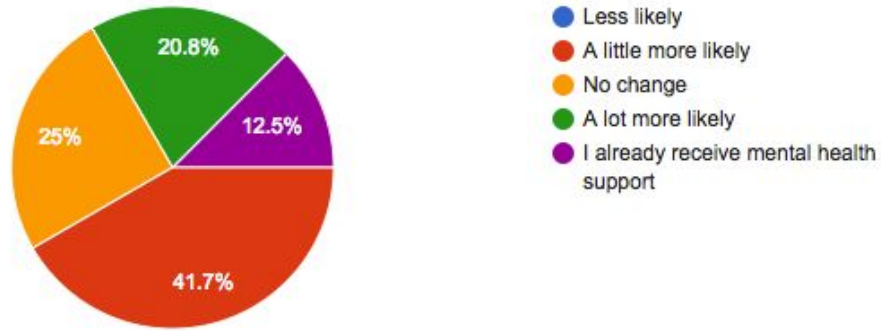
**In your opinion, did this event reduce stigma related to mental illness?**

48 responses



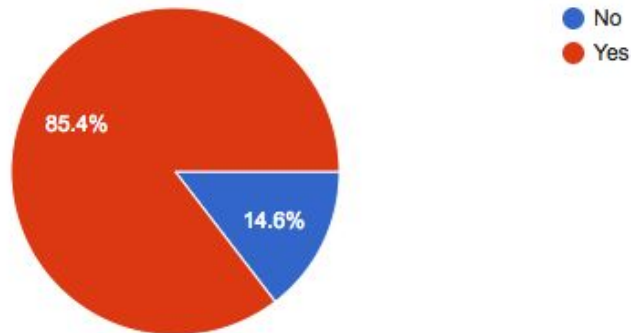
### After this event, are you more or less likely to seek support for your mental health?

48 responses



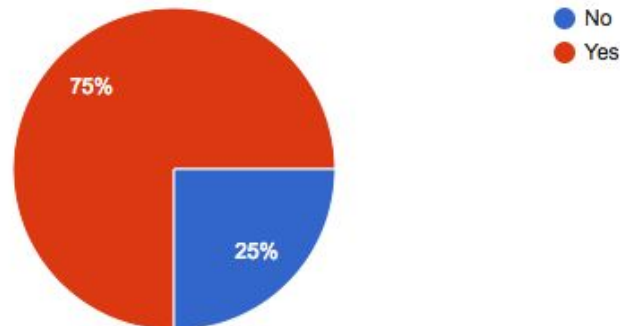
### Did you know about your school's counselling services before this event?

48 responses



### Did you know about community resources before this event?

48 responses



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

On-campus MH support	<b>23</b>
Off-campus MH support	<b>19</b>
Traditional / spiritual	<b>10</b>
Family	<b>20</b>
Friends	<b>22</b>
Professors / mentors	<b>8</b>
The arts / creativity	<b>14</b>
Fitness / physical activity	<b>18</b>
Online resources	<b>7</b>

### How did you hear about this event?

Professor / class	<b>79.2%</b>
Online / Facebook	<b>2.1%</b>
Email	<b>4.2%</b>
Posters / flyers	<b>14.6%</b>

### What was your main takeaway?

(Highlights: see raw data for full list)

- Better understand how to recognize others
- Don't be afraid to share your story
- Don't compare your struggles to others
- Each person's experience is different
- Educate, don't compare
- Everyone goes through something and needs support
- Everyone is dealing with something. Be mindful
- Everyone matters
- Everyone's feelings are real
- Hurt is equal
- It is okay to have mental health issues (2)

- It is very important to be mindful of others
- It's a part of you, embrace it and love yourself
- Learning about the different types of MH
- Listen, feel , speak, awesome event
- Mental health is a serious problem
- Mental Health is real
- Normalizing mental health
- Resources and Stigma
- Self-love and forgiveness is so important
- Stop internalizing
- The diversity of mental health
- The importance of reducing stigma
- The stories
- There is need for awareness
- Understanding how real mental health is
- Vocabulary
- We all experience mental health
- You are not alone (5)

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

(Highlights: see raw data for full list)

- A mental health awareness seminar to learn more realistic view points
- A terrific art expression that's knowledge based on mental health
- Amazing! (3)
- An amazing opportunity to learn
- An awareness practice
- Education and advocacy for mental health in creative ways
- Emotionally touching / inspiring (3)
- Empowering
- Empowering and Supporting
- Eye opening (3)
- Helpful
- Helpful, resourceful , filled with empathy, encouraging people involved
- Impactful (2)
- Incredible and informative
- Informative (4)
- Informative and creative
- Informative with real life experiences
- Open minded
- Personal stories and a change of perspective
- Powerful
- Raw, realistic and hopeful
- Real
- Really informative and engaging
- Safe place to talk (2)
- Short films and stories that have a lot of impact
- Understand there are others dealing with similar issues
- Valuable Experience

- Very insightful
- You are not alone

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Advocate and educate
- Apply it to my life
- Apply it to my studies / education (3)
- Be aware (2)
- Be aware of stigma, she with others
- Be more accepting and understanding
- Be more mindful and open when others share their problems (2)
- Be more open
- Be more thoughtful
- Be open and there for people
- Be self aware
- Being more aware of my language
- Cultural views
- Future healing
- Have a more open mind
- Help in practice
- I'll seek help
- In day to day life/ future clients
- Journaling and self care
- Less judgmental
- Look at everyone the same, but keep in mind everyone has their own experience
- Not to be afraid to seek help
- Practice better self-care (3)
- Seek services more
- Spreading awareness
- Talk more to my loved ones / others (3)
- Teach others that don't understand Mental Health (2)
- To be more empathetic
- To get myself more help and reduce my own stigma
- Treating everyone with compassion
- Use methods to combat stigma and validate those around me

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

(Highlights: see raw data for full list)

- Anxiety and judgement
- Anxiety, stigma, lack of knowledge
- Asking for help
- Availability of services at Seneca are hard to book

- Being comfortable speaking about mental health
- Come to terms with what I'm dealing with
- Cost, won't understand, fear of stigma , maybe won't care
- Fear of judgment
- Fear of not connecting the right counsellor (2)
- Having to go to a doctor
- Judgments (3)
- Long wait lines
- My own thoughts and stigma
- Not believing my struggle is bad enough
- Not getting the right support
- Not wanting to be judged (2)
- Pride
- Seeing my problems as not important enough to be helped
- Self - judgement, thoughts that I don't deserve it
- Stigma (2)
- Stigma and fear.
- Stigma and my own opinion on my mental health
- Stigma from others and wait times
- Time constraints (2)
- Wait lists

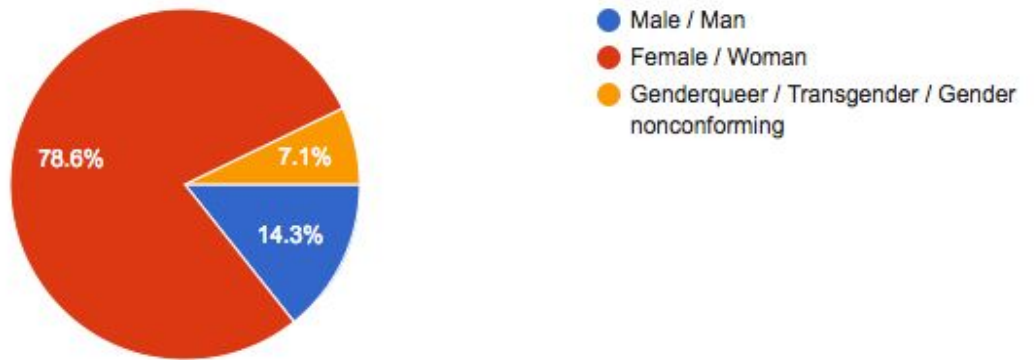
### How can we improve this event in the future?

- Bigger location
- Everything was amazing ! Wouldn't change a thing. Thank You!
- Everything was great
- Everything was well done
- It already reached its full expectation!
- It was great the way it is
- It was highly effective
- It was perfect
- It was very well done
- It's already 10/10
- It's already great!
- Keep the awareness going
- Mic for audience
- More films, less discussion and focus on panels
- More films, longer workshop
- More info
- More physical engagement
- More Q&A's
- More realistic videos
- More student stories (3)
- More/better advertising for the event (2)
- Music
- Reduce background lighting on screen
- Room was too bright (7)
- Show more films
- Talk more about specific mental health disorders

Major	
Community Mental Health	24 / 57%
Child and Youth Care	2 / 5%
911 Dispatch	1 / 2%
Police Foundations	1 / 2%
Social Service Work	14 / 33%

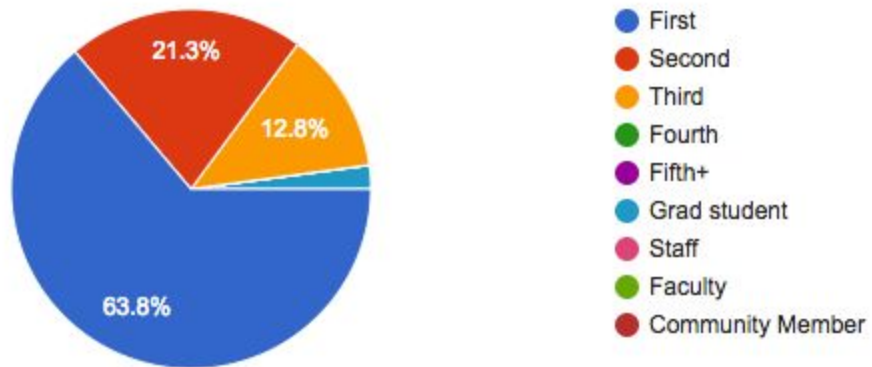
## Gender Identity

42 responses



## Year

47 responses



Race / Ethnicity		
Asian / Asian-Canadian	<b>5</b>	<b>11.6%</b>
Black / African / African-Canadian	<b>8</b>	<b>18.6%</b>
Hispanic / Latinx	<b>3</b>	<b>7%</b>
Middle Eastern	<b>2</b>	<b>4.7%</b>
Indigenous / Aboriginal / First Nations	<b>3</b>	<b>7%</b>
White / Caucasian	<b>29</b>	<b>67.4%</b>