Movies for Mental Health
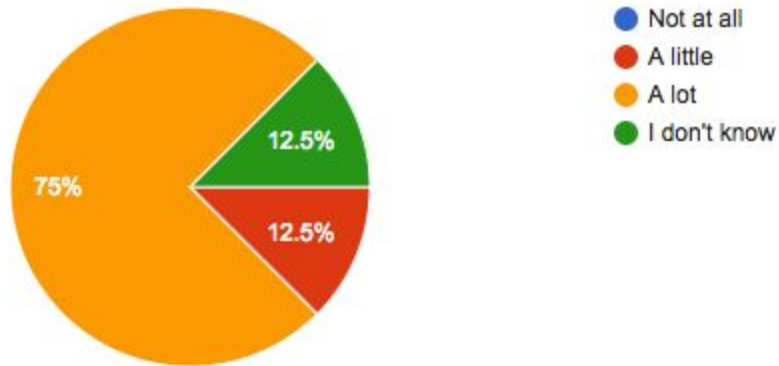
Post-Workshop Evaluations

Seneca College York Campus
September 22, 2018

Number of attendees: 50
Number of evaluations: 16
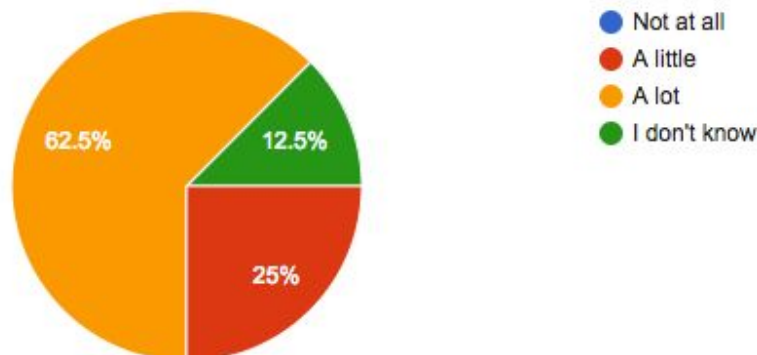
In your opinion, did this event create awareness of mental health issues?

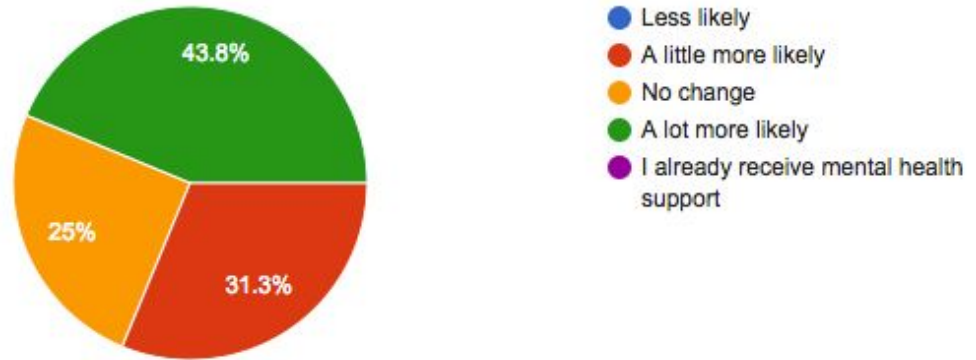16 responses

Legend:
- Not at all
- A little
- A lot
- I don't know

12.5%
75%
12.5%

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

16 responses

Legend:
- Not at all
- A little
- A lot
- I don't know

62.5%
12.5%
25%

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

16 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support
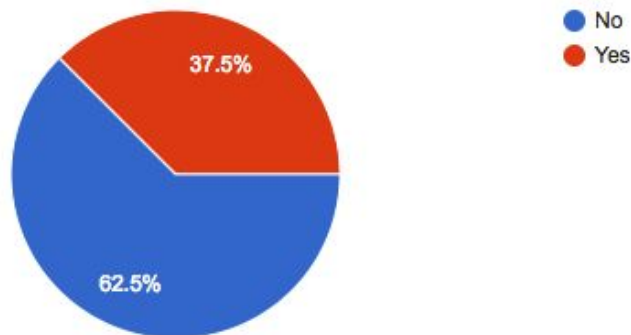
43.8%
31.3%
25%

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

16 responses

- No
- Yes

75%
25%
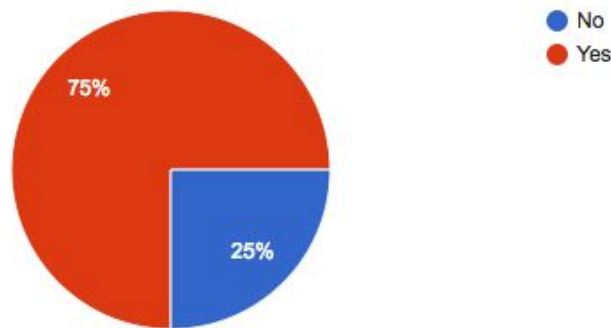
Did you know about community resources before this event?

16 responses

- No
- Yes

37.5%
62.5%

What type of mental health support do you think would be most useful to you?	
On-campus MH support	8
Off-campus MH support	1
Traditional / spiritual	3
Family	3
Friends	8
Professors / mentors	3
The arts / creativity	6
Fitness / physical activity	9

How did you hear about this event?	
Friend	7%
Professor / class	20%
Online / Facebook	13%
Posters / flyers	20%
Student Federation	40%

What was your main takeaway? (Highlights: see raw data for full list)
- Acknowledging people impacted by MH is important   - Get help if needed   - It is important to discuss   - Knowledge on stigma   - Less stigma   - Many people struggle   - Mental illness is sad   - MH awareness   - MH effects everyone in different ways   - Resources (2)   - The difference between stigma and stereotype

- There is a community that can help with mental health
- Useful

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

- A community mental health meeting
- A safe space to share your feelings and story
- Conveying messages related to mental health
- Impactful
- Informative
- Moving
- People talking about mental health via film
- Storytelling and mental health
- Useful and inspiring
- Welcoming and informative
- Worth it

How might you use what you learned today?
(Highlights: see raw data for full list)

- Be mindful the empathize when others share with me.
- Be open about my mental state
- Being more aware that anyone may need help even if they don't look sad.
- Not to judge people battling stress
- Support friends
- Talk more about it (2)
- Tell others about resources (2)
- Use it for myself when something is wrong

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

- Being able to talk
- Disorder, disorganized and depression
- Embarrassment
- Fear and judgment
- I am not outspoken and feel ashamed sometimes
- Lack of knowledge
- Money and stigma
- No support
- Society
- Time, lack of knowledge

How can we improve this event in the future?

- Emphasize the main points
- Food arrangement
- Make sure people know about it
- More events
- More food and advertisement
- More microphones
- More stories, more food and a enclosed environment
- Tell people to be silent or quiet

Major	
Biotechnology	**2**
Documentary	**3**
Public Relations	**3**
TV	**1**

Gender Identity

13 responses

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

53.8%
46.2%
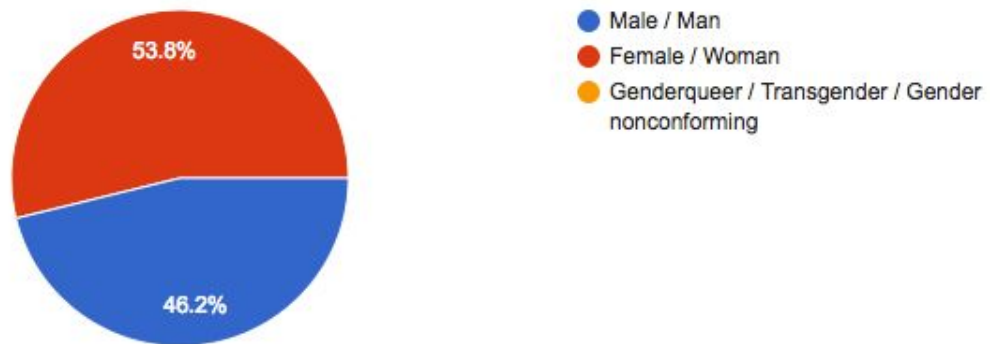
Year

16 responses
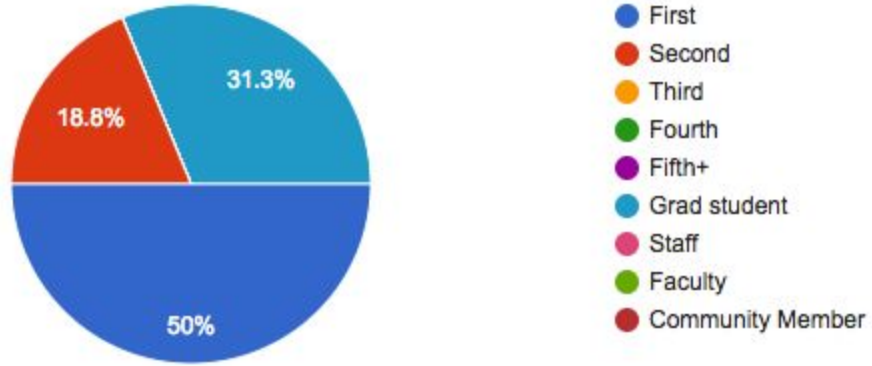
Race / Ethnicity		
Asian / Asian-Canadian	1	7%
Black / African / African-Canadian	3	21.4%
Hispanic / Latinx	2	14.3%
Indian / South Asian	1	7%
Middle Eastern	2	14.3%
White / Caucasian	5	35.7%