

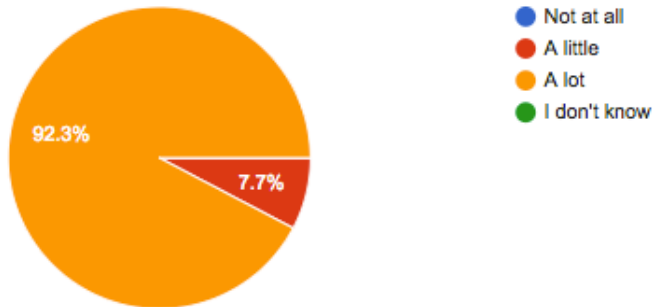
Sheridan College

March 20, 2018

N= 13 evaluations, ~ 22 people in attendance

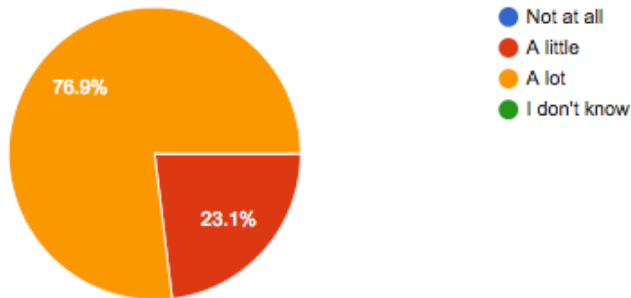
In your opinion, did this event create awareness of mental health issues?

13 responses



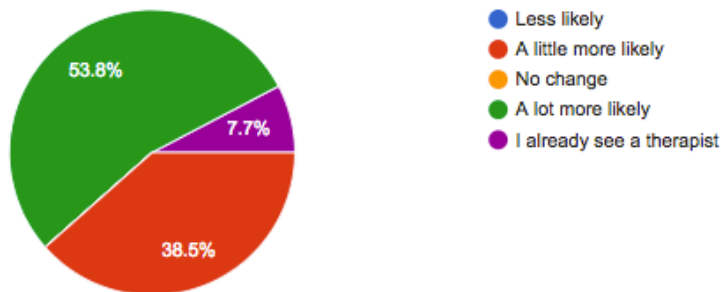
In your opinion, did this event reduce stigma related to mental illness?

13 responses



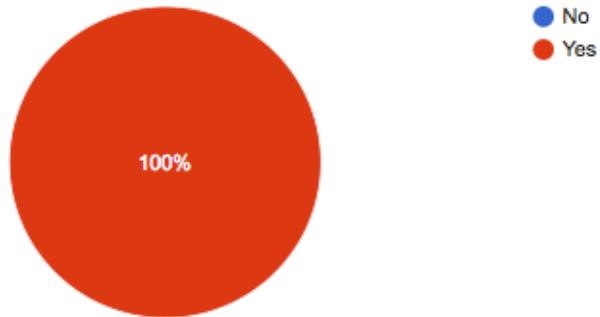
After this event, are you more or less likely to seek support for your mental health?

13 responses



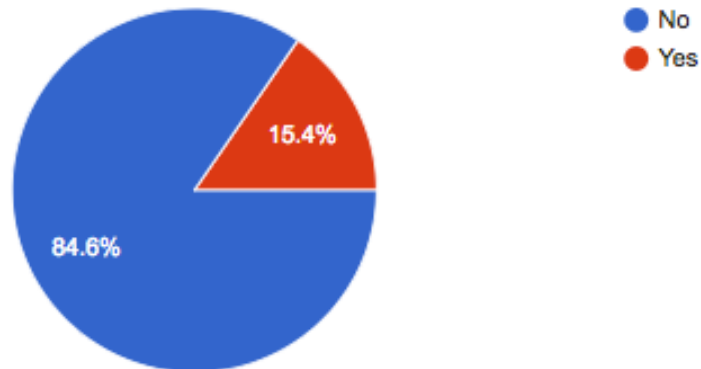
Did you know about your school's counseling services before this event?

13 responses



Did you know about community resources before this event?

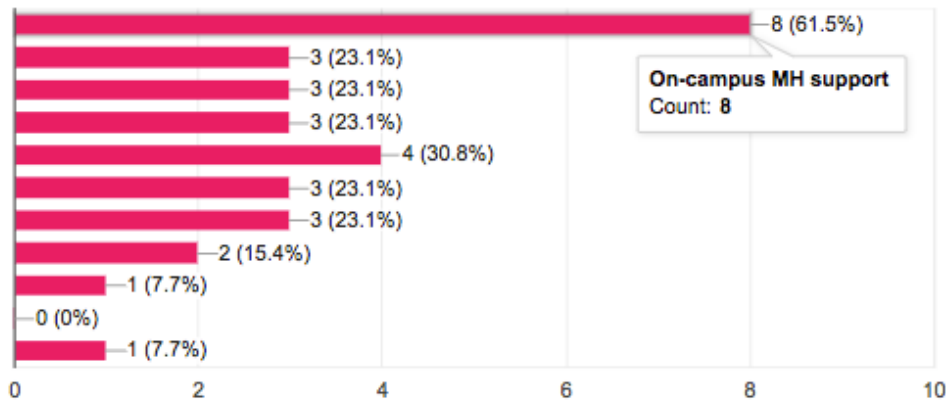
13 responses



Referral Source - How did you hear about this event?

- Friend - 8.3%
- Posters - 33%
- Facebook - 8.3%
- SSU - 17%
- Walked In - 8.3%
- Art Not Shame - 8.3%
- Jack.org - 8.3%
- Jack.org / SSU - 8.3%

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



On-campus MH support – 61.5%

Friends – 30.8%

Off-campus, traditional, family, professors, the arts – 23% each

Fitness – 15.4%

Online resources, group therapy – 7.7% each

What was your main takeaway?

- Informative
- Mental illness involved figuring out what it is and building resilience
- Reach out - build community for support. Don't be afraid to express yourself in a safe space
- The resources and process of using art to talk about mental health
- How powerful speaking / talking / expression is
- It's important not to judge
- Mental illness is not disabling and permanent
- Hope, that I can find help, that I'm making the right choices.
- I am very sad and need help. The help that I got before was useless and I'm back to where I used to be.
- Sharing our stories about mental health is important
- The post-secondary community regarding / related to mental health awareness is larger than I previously thought
- How to get help
- Don't be afraid to seek help

How would you describe this event to a friend?

- Mind-opening as well, confirming my thoughts on mental illness
- This event provides a nurturing safe space to gain an understanding of what mental health is and how you can help yourself
- Movies and discussion
- Informative and powerful
- Very informative and reduces stigma

- Real, humanizing
- Informative and very open, relaxed environment
- Informative, nice and warm
- Exploring how we talk about mental health using art
- Very enlightening and informative
- Inspiring and educational, unexpected. I learned a lot and meeting people who have been through things is eye opening

How can we improve this event in the future?

- First off, bigger space, and more videos about personal experience
- Spread the word in classrooms
- Being open to listen
- Longer time or more discussion
- Longer event :)
- More attention to intersection of mental health and gender, race and other different factors
- Advertisement - specifically to what the event will entail
- Advertised more vastly
- Insight on other cultures, how they view mental health. Let people know how it differs, effect on diverse individuals

What are the biggest barriers to your MW and/or receiving help?

- Shyness
- None. I'm too damn honest for my own good.
- Felling like my issues are not valid
- Being able to talk about themFilm
- Time - I'm very busy!
- Stigma
- Lack of time
- My current profession choice and deciding if I need to find help
- I was born in Russia and still live with lots of cultural barriers that prevent me from being happy with who I am. My family is not supportive at all.
- Not knowing where to start or feeling like my issues aren't bad enough
- Program difficulty
- Self doubt, shame, opening up

Major:

Animation - 10%

Illustration - 40%

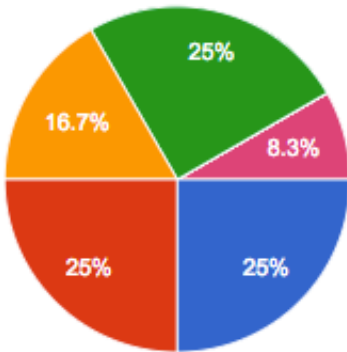
Marketing - 10%

Office Admin - 10%

Supply Chain Management - 10%

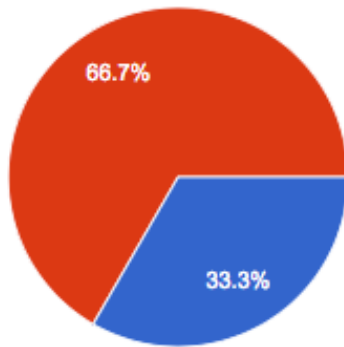
Visual and Creative Arts - 20%

Year



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

Gender



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

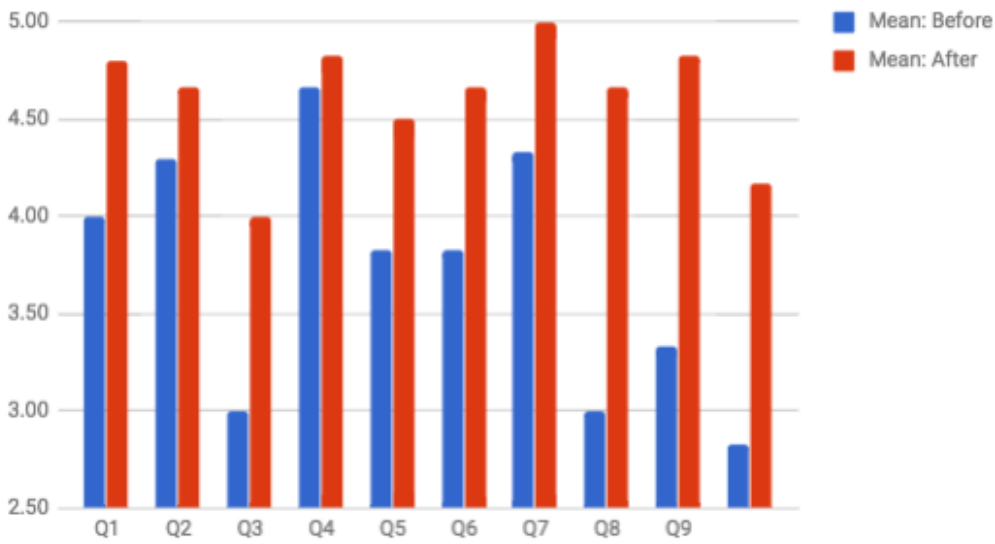
Ethnicity

White / Caucasian – 58%

8.3%:

- Asian/ Asian Canadian
- Black / African Canadian
- Hispanic / Latinx Canadian
- Indian / South Asian / Canadian
- Middle Eastern / Caucasian

Mean: Before and Mean: After



Highest increases:

Q3 - I know how to look for and identify signs that I or someone else might need mental health support.

[B:3 A:4]

Q8 - I know of at least one specific community / off-campus mental health resource available to me. [B3

A:4.67]

Q9 - I know of specific ways that the arts and creativity can raise awareness about mental health issues.

[B:3.3 A:4.8]

Q10 - I am likely to reach out for support for my mental health if / when I need it. [B:2.8 A:4.1]