

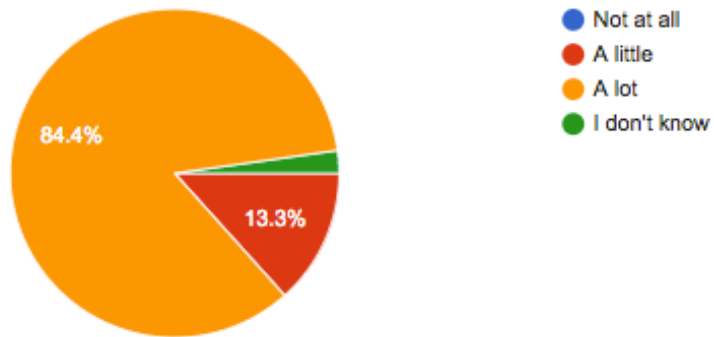
# Movies 4 Mental Health @ THEMUSEUM supported by Manulife May 10, 2018

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N= 45 evaluations, ~ 65 people in attendance

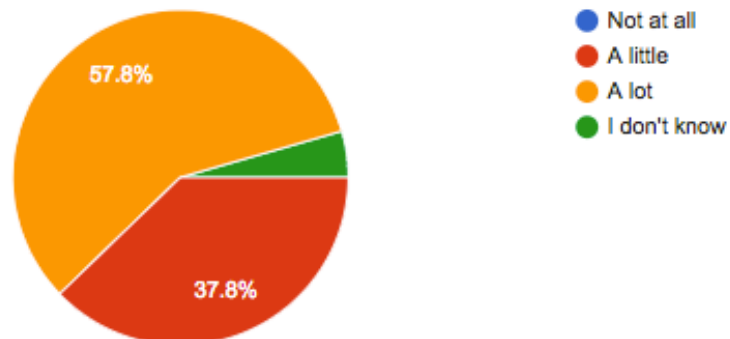
In your opinion, did this event create awareness of mental health issues?

45 responses

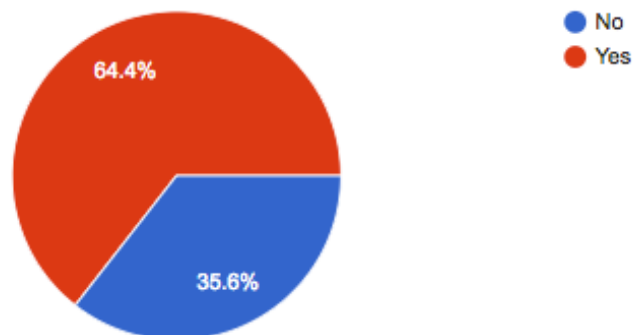


In your opinion, did this event reduce stigma related to mental illness?

45 responses

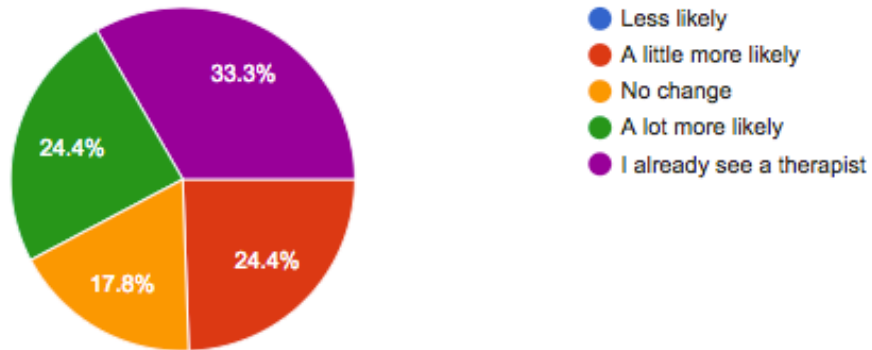


Did you know about community resources before this event?

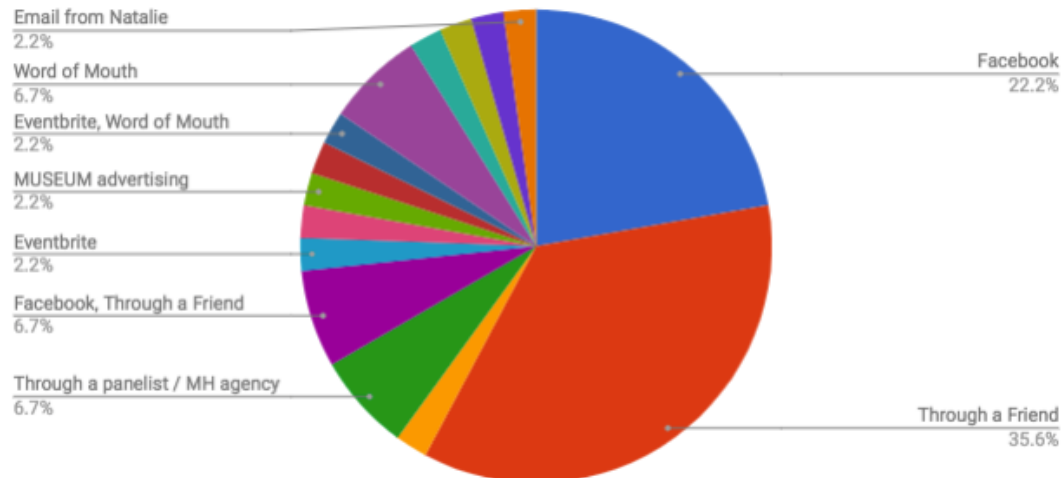


After this event, are you more or less likely to seek support for your well-being?

45 responses



**Referral Source** - How did you hear about this event?



**What was your main takeaway?**

- Acceptance is key
- All of it - very well done
- Art has a LOT of impact
- Documentaries were powerful
- Don't be afraid of reaching out to help others and ask for help
- Everyone has mental health stories to share
- Feeling of support from community
- Get active
- I feel I was already well-versed in the topics discussed. Was interested to learn about the film competition
- I'm not alone
- If you need help, get it. You're not alone
- Learning experience, helpful info

- Listen, reach out
- Mental health is extremely important and should be taken seriously
- Mental illness is more widespread than I imagined
- Mostly the community and films
- Not sure that the people who most need to hear the message will hear it - much of the audience was already informed
- Pay attention to people who may need help
- Power of stigma
- Powerful films
- Remembering that someone with a mental health issue can also be experiencing mental wellness
- Steps are being taken to make mental health more open and less hidden
- Stigma
- Stigma / acceptance
- Stigma can be internalized
- Talk more about mental health
- Talk, reach out, be kind
- That as someone who does not have a mental illness, but I work a lot on mental wellness. The best thing I can do is be there for my friends and family
- The films. I will refer so many people to them.
- The impact of the films reflecting mental health from the first person perspective
- The message of the films - the power of film
- The videos
- There are lots of smart people struggling with mental illness in Waterloo region
- This event brought a lot of people together who either care about others with mental illness or who care enough about themselves to find the help available.
- To become part of the solution and reach out with small actions
- To reach out, and be supportive of others
- We need to break the stigma
- Where to seek support and how to assist others

**How would you describe this event to a friend?**

- A good learning opportunity, emotional
- A great way to become more aware
- A must attend' event
- A way to learn about mental health
- Amazing films and open and honest discussion about mental health
- Amazing, well done, profound
- An educational evening targeted towards those who experience mental health
- Enlightening
- Eye opening
- Eye opening, thought provoking

- Good information
- Good, informative
- Great - attend
- Incredible insight into mental health
- Informative
- Informative and inspiring
- Informative, eye opening
- Informative, reassuring for those suffering
- Insightful
- Interactive workshop
- Interactive, engaging, not intimidating
- Interesting, worthwhile
- Mental health awareness and resources
- Mental health event
- Mind blowing
- Open forum
- Positive, supportive
- Powerful
- Safe space
- Safe, educational
- The event was uplifting
- Very helpful and educational
- Very informative
- Very informative and eye opening
- Very informative, comfortable, accepting
- Very worthwhile and informative
- We watched some beautiful short films, ver participatory, great local speakers

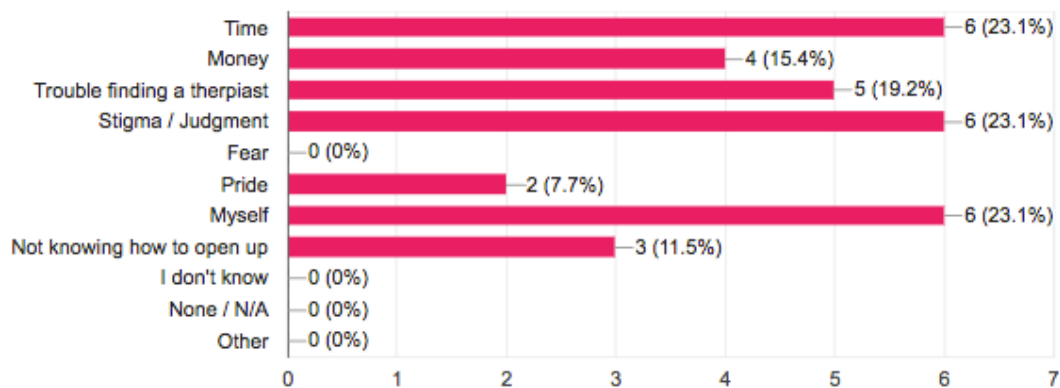
#### **How can we improve this event in the future?**

- Event was A+! Wonderful. Fantastic facilitation and safe space
- Go to Guelph!
- Great all around
- Have it more interactive - it was a bit passive
- It was great. Maybe more speakers who have experiences of their own
- Keep to time frame advertised
- Loved the workshop
- More advertisement - radio, news
- More advertising
- More media
- More movies, quiet examination of thoughts
- More opportunities to speak
- More speakers

- None - it was great
- Open with a group chat, rather than an open question. It may help in getting people to open up
- Posters downtown / library and hospitals / doctors offices
- Round tables - better for discussion
- There are so many resources that weren't mentioned - free - that would have answered some people's questions
- Would be nice to see a better turnout so maybe more aggressive marketing

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

26 responses

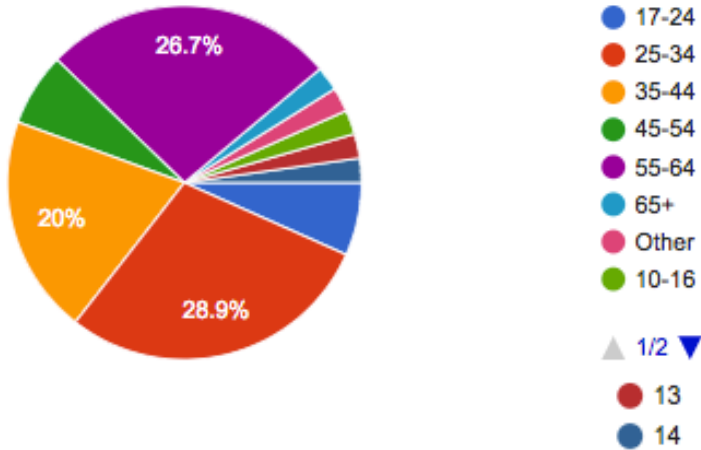


Written responses:

- Acceptance
- Availability and time in schedule
- Cost, available help when it's needed
- Feeling seeking help would help
- Feeling that I am not worthy to seek help
- Financial, lack of energy, sceptical about psychiatrists
- Finding resources
- Finding the right counsellor
- It's difficult to get the services you actually need. For example, psychiatrist / psychologist / talk therapy
- Just being self-assure and being able to speak out
- Long waiting list to see a therapist. Cost of therapy, not work covered
- Money, wait times
- Not being diagnosed = not important or real
- Not thinking I matter
- Pride and stigma
- Reaching out
- Self acceptance

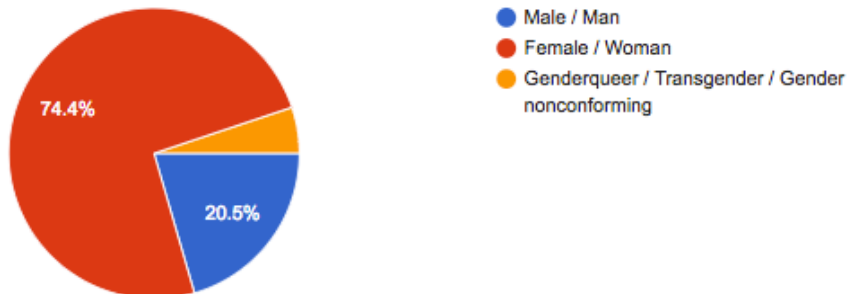
- Self-doubt
- Shame
- Stigma
- Stigma, admitting to myself
- Stigma. Not knowing where to start and navigate the system
- Time
- Time - I have a therapist but put off seeing him
- Time, money, availability
- Transportation, finances (ODSP)
- We are aware of help and organizations. Being seen as being strong

### Age



### Gender

39 responses



## Identifiers

