

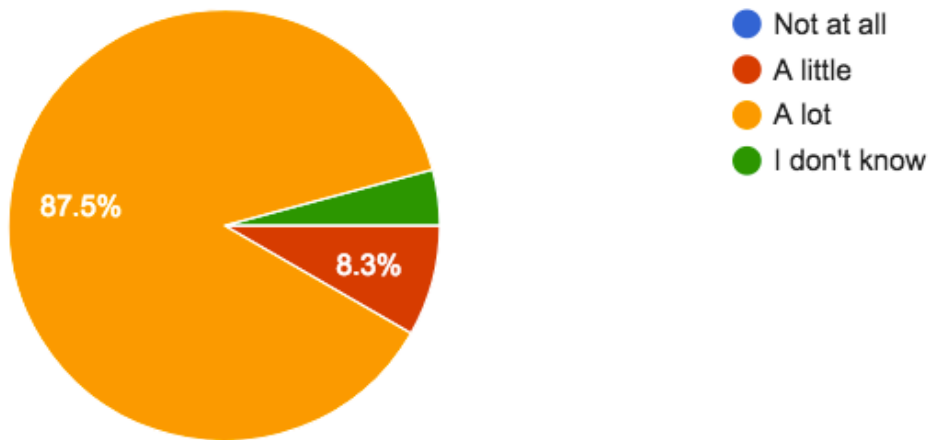
# Thompson Rivers University

## October 5, 2017

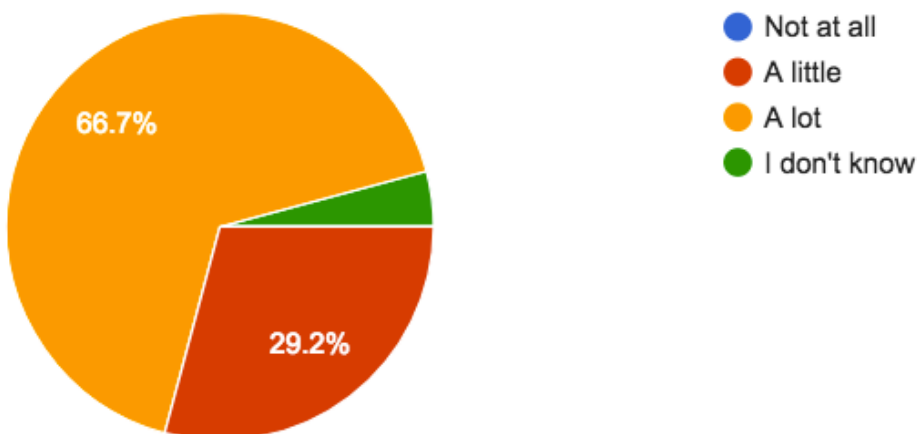
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N= 26 evaluations, ~ 45 people in attendance

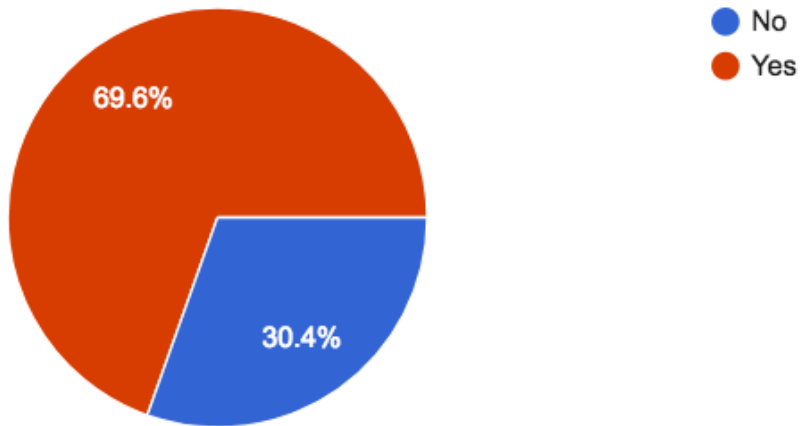
In your opinion, did this event create awareness of mental health issues?



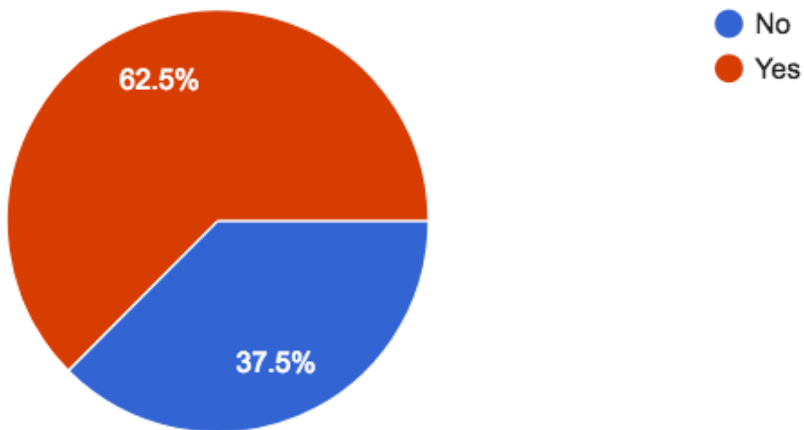
In your opinion, did this event reduce stigma related to mental illness?



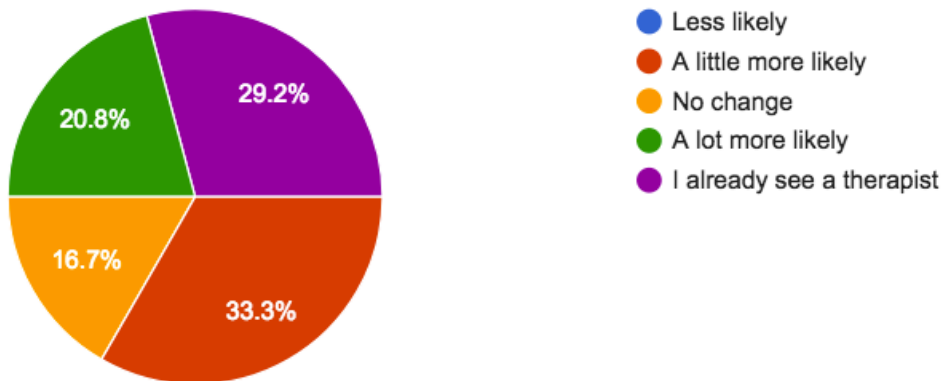
Did you know about your school's counselling services before this event?



Did you know about community resources before this event?



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



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

Friend (10)

Posters/flyers (4)

By Accident / walking out of the class, the event was starting (2)

Wellness Centre (2)

Professor

Counsellor

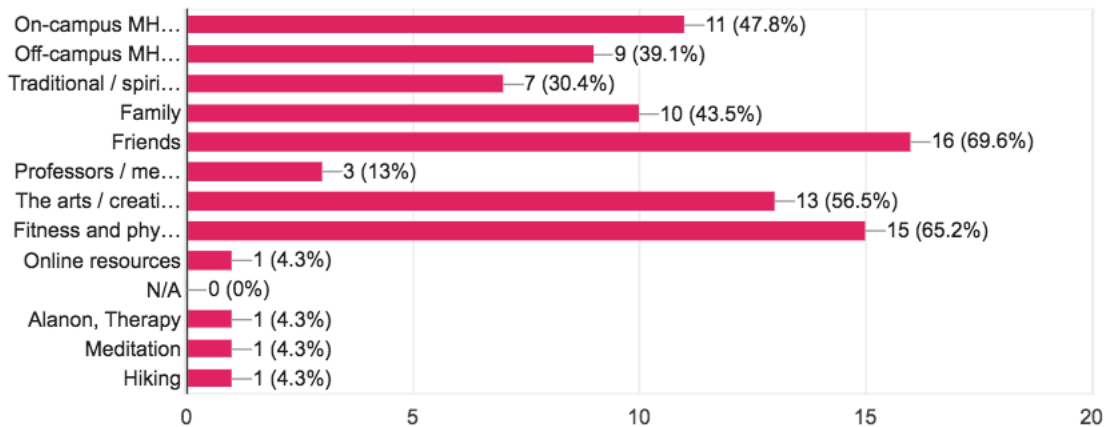
Online/Facebook

Staff email

Colleague (CMHA)

Class announcement

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



*\*Friends, Fitness and physical activity and the arts / creativity had the highest ratings*

### What was your main takeaway?

- Openness about MH is beginning
- We're continuing to build a community of support around mental health
- Reach out and take care of yourself
- Resources, empathy
- Not to be ashamed, someone said it's more common than you think
- Really inspired by the quality of films
- Understanding mental health needs to not be considered through a universal lens, there is a multicultural perspective that needs to not be ignored
- I'm not alone
- Sooo much more common than you know
- I brought a friend new to town from Bangladesh whose mind was blown. His excitement and feeling of solidarity and hope were the best takeaway.
- Treat all with respect
- I am not alone
- You matter, stay close to your family and friends

- It's okay to need / seek help (2)
- Always talk to someone about your feelings
- Just generally ideas to improve my process with mental illness
- Strength and courage manifests in diverse ways
- How important it is to talk freely about such an important topic that affects everyone. And the advice and stories from the panellists
- Wear your illness like a badge. No shame.

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

- Worth going
- Friendly, informative session
- Open discussion
- Eye opening, it made me feel at ease
- Powerful
- An artistic attempt to destigmatize mental illness
- It was great and meant a lot to me. I'd love to come to more of these.
- Fantastic, enlightening
- Worthwhile and extremely valuable
- Educational / Informative
- Good for mental health awareness
- Helps raise awareness about mental health
- This event was very powerful and educational
- Insightful
- Helpful and eye opening
- Interesting, interactive, informative
- Intense and personal

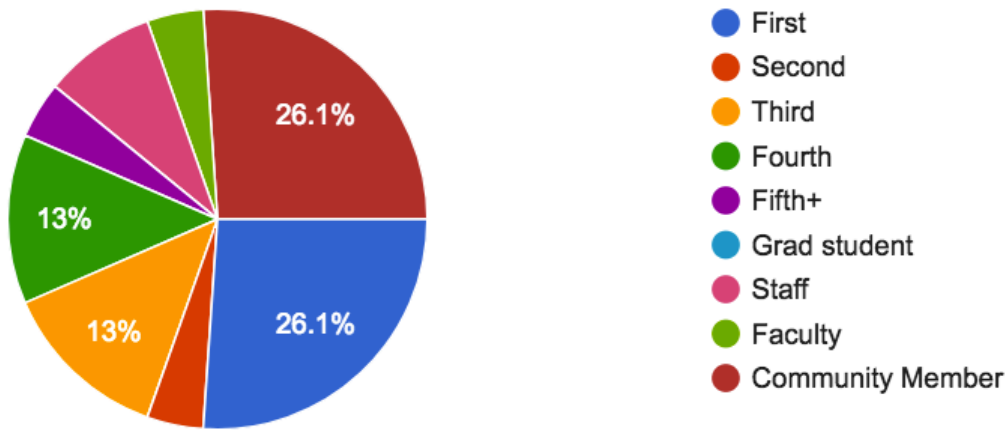
#### **How can we improve this event in the future?**

- Keep going :)
- More videos
- More awareness this is going on
- Make sure everyone knows about it!
- More international films
- Promote more to students to increase attendance
- Get the word out better, there should have been more students here
- Better advertising
- This event was great
- More ads promoting the event. More people need to hear these messages.
- Maybe more direction to panellists who wish to give better ways of sharing stories.
- More advertising to the greater student population
- More student speakers

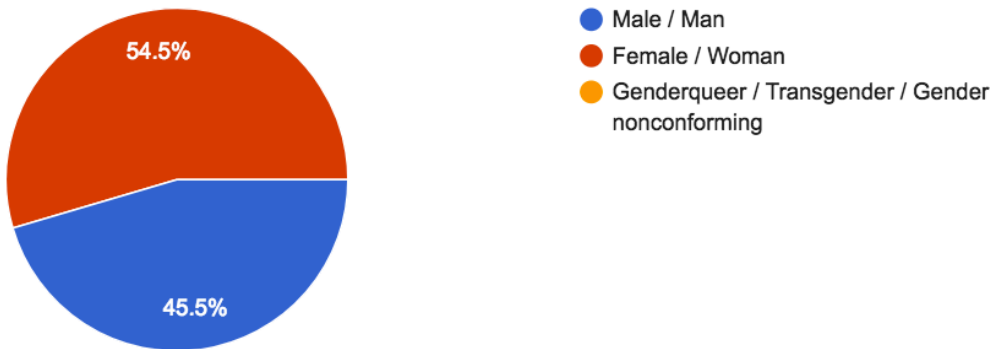
**Major:**

BSc -2  
Nursing -2  
Tourism Management -2  
Science  
Journalism  
Interdisciplinary Studies  
Criminology  
Communications + PR  
Undeclared

**Year**



**Gender**



**Ethnicity**

