

# Movies for Mental Health

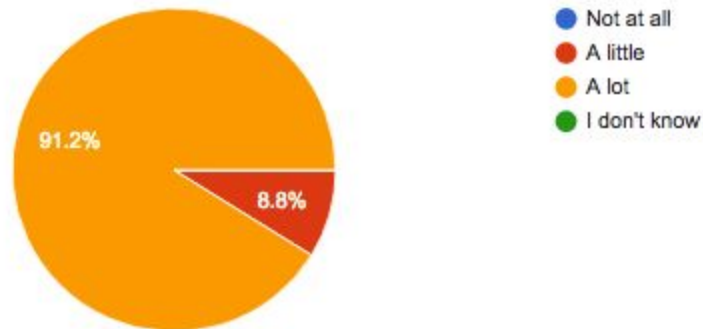
## Post-Workshop Evaluations

Thompson Rivers University  
September 25, 2018

Number of attendees: 46  
Number of evaluations: 36

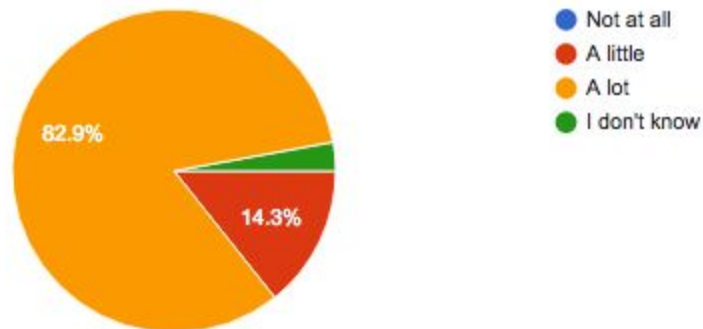
In your opinion, did this event create awareness of mental health issues?

34 responses



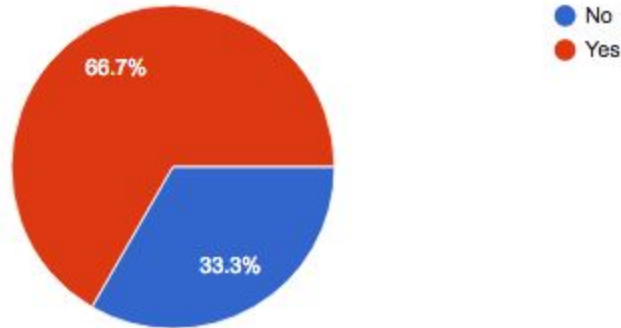
In your opinion, did this event reduce stigma related to mental illness?

35 responses



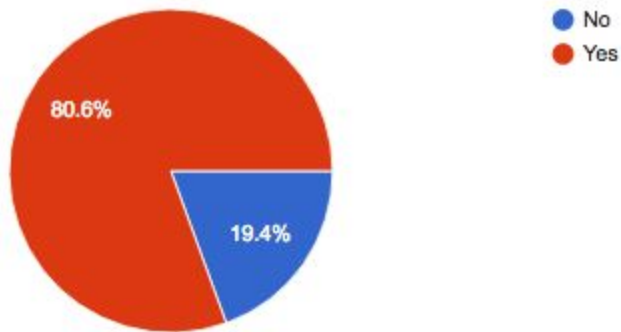
### Did you know about community resources before this event?

36 responses



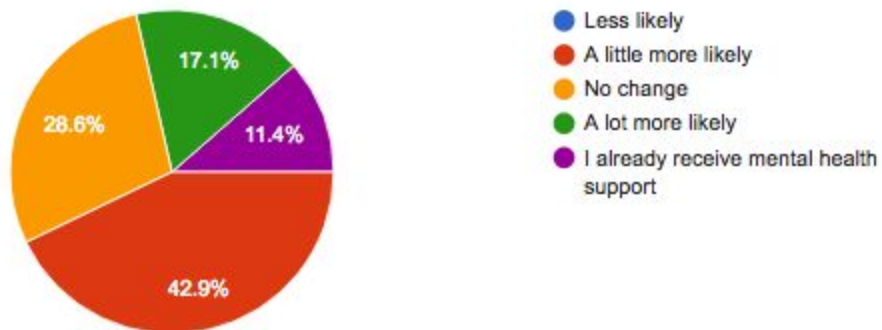
### Did you know about your school's counselling services before this event?

36 responses



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

35 responses



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

On-campus MH support	<b>18</b>
Off-campus MH support	<b>16</b>
Traditional / spiritual	<b>8</b>
Family	<b>21</b>
Friends	<b>19</b>
Professors / mentors	<b>6</b>
The arts / creativity	<b>14</b>
Fitness / physical activity	<b>21</b>
Online resources	<b>8</b>
N/A	<b>2</b>

How did you hear about this event?

Friend	<b>2 (6%)</b>
Professor / class	<b>14 (42%)</b>
Wellness Center	<b>6 (18%)</b>
Posters / flyers	<b>2 (6%)</b>
Family	<b>2 (6%)</b>
Last year	<b>2 (6%)</b>
Equally: CMHA, Natalie, Helped organizer, Posters + email, Panelist	<b>1% each</b>

What was your main takeaway?

(Highlights: see raw data for full list)

- The panel was extremely powerful. It showed the prevalence and complexity of mental health and mental illness
- There is a lot of support for mental health, but stigma makes it difficult to access
- The panel was great. So much respect for them.
- Mental health is individualized

- Keep talking and sharing
- Power in vulnerability
- People are slowly becoming more open about mental health
- Mental health is a priority for all people, not just people struggling with mental illness
- Mental illness can become difficult to overcome but with support can be challenged
- Stigma is a barrier to mental health for all
- That mental illness can affect anyone
- Mental health is very much a part of everyday life
- There are options to seek help
- Talking about mental health is okay
- Too many things to mention - gained a whole new perspective on mental health and stigma
- Mental health can be subjective, but also collective
- It's okay to share your own mental health story
- Huge thanks for panel
- Mental illness has lots of negative stigmas
- That I have a lot in common with the panel members. Maybe I ought to do something about that
- We need to be more open and talk about mental health to reduce stigma and encourage people to seek help

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

(Highlights: see raw data for full list)

- Surprisingly engaging!
- Amazing and informative
- Emotional but powerful
- A good initiative to create more awareness around mental health
- A cool event where we discuss mental health
- Very informative about mental health
- Powerful, important, necessary
- Informative
- Interesting videos
- Fun, safe and an interesting way to discuss these topics
- Interesting and insightful
- Enlightening
- A strong support network
- Very informative for those who don't understand and full of resources
- A benefit to anyone who will listen
- An amazing event to open your mind about mental health and gain new perspectives on mental illness
- Open, honest conversations about real life issues - very moving
- Very impactful opportunity to discuss mental health
- Very deep and truthful stories
- Creative and helpful
- There is support everywhere
- Very supportive, real and informative
- Very informative and moving
- Informative and a good first step for understanding
- Welcoming

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Working with clients
- Talk about mental health more
- Individual experiences, stigma, being less hard on yourself
- Share the resources
- Directing people to resources (ie. MHFA)
- Definitely will think about how I can implement strategies with my peers, family, and clients
- Loved the panel, great having student stories
- In my future practice as an RN (5)
- Look into resources for my own mental wellness
- To be more compassionate
- Use the knowledge to help support myself and friends through mental illness
- Make sure I think twice before you make assumptions about mental health
- Moving forward in my career this tool will be helpful
- By showing this information and being open to help others
- Utilize counselling
- Make people more aware!

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

(Highlights: see raw data for full list)

- Internalized stigma
- Stigma, time, people trivializing my experiences
- My own internal critic
- Lack of resources
- Stigma and not feeling like my mental wellness/illness are real major concerns
- Validation - it's hard to acknowledge that my fears / worries are valid
- Time, money
- Being a high functioning RN student
- Not admitting that I need help
- Don't know how to ask for help / afraid to ask for help
- Telling myself that it's okay not to be mentally well
- Stigma around 'complaining' about mental wellbeing
- Not wanting to be stigmatized, talking about it makes it real
- stigmas / not knowing your own coping mechanisms and levels of coping
- I relate more with art so having such activities helps to heal
- Internalized stigma and shame
- lack of 'severity'
- Lack of time for myself, stigma
- Stigma, access
- Judgement, stigma

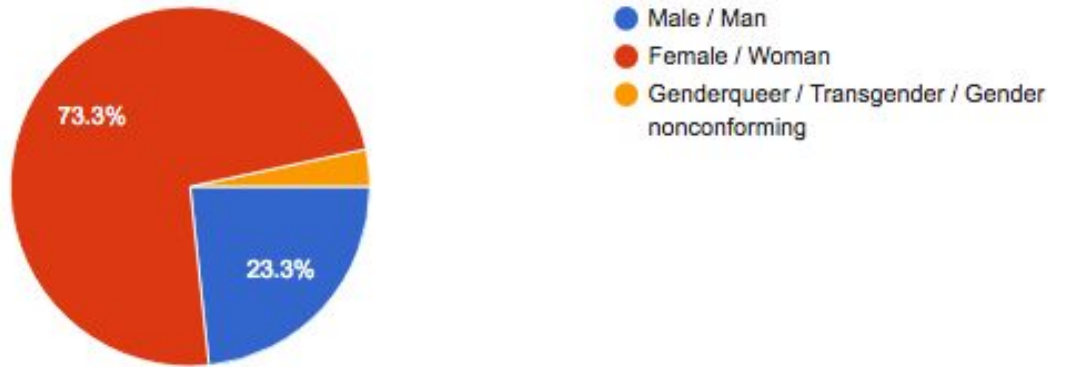
## How can we improve this event in the future?

- It was great, thank you!
- More time! (3)
- More time for Q&A and bring questions to ask the panel (2)
- Fruit tray
- Change the venue, different visual set up
- Dogs?
- Shorter, frequent events
- Faster paced, more movies (3)
- Perfect event
- Rearrange seating so we are facing each other
- Maybe do more marking about the event
- Have it start earlier in the day and add 15 minutes

Major	
Nursing	16 (62%)
Psychology	5 (19%)
Social Work	3 (12%)
Fine Arts	1 (4%)

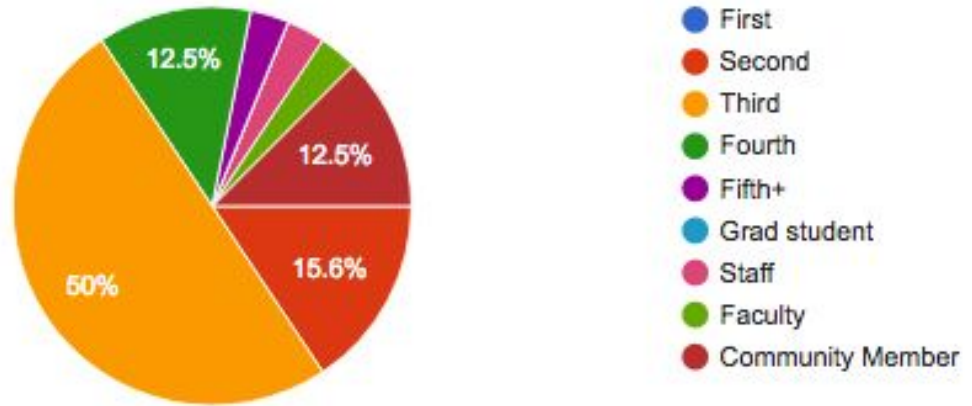
## Gender Identity

30 responses



## Year

32 responses



Race / Ethnicity		
Asian / Asian-Canadian	3	9%
Black / African / African-Canadian	1	3%
Indian / South Asian	4	12.5%
Indigenous / First Nations	1	3%
White / Caucasian	24	75%