

# Movies for Mental Health (Online)

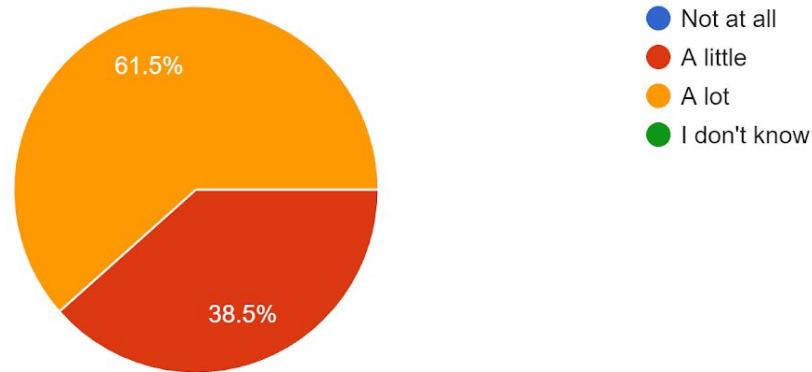
## Post-Workshop Evaluations

Thompson Rivers University  
November 18, 2020

Number of attendees: 26  
Number of evaluations: 14

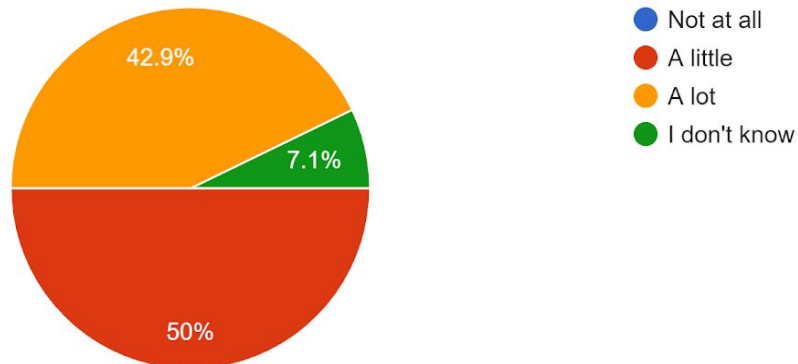
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



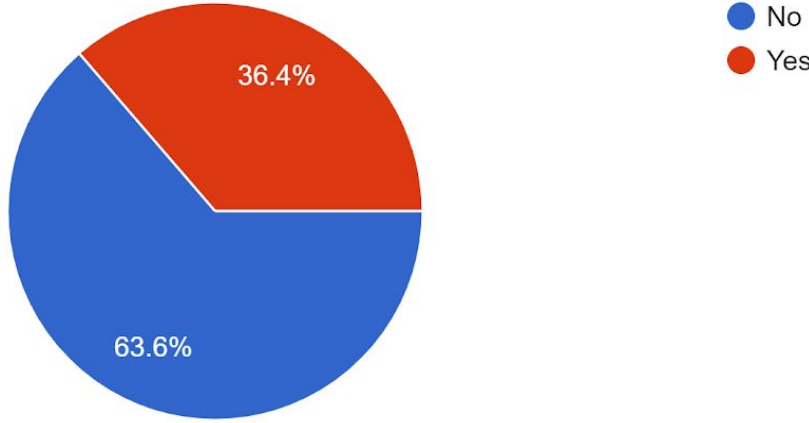
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



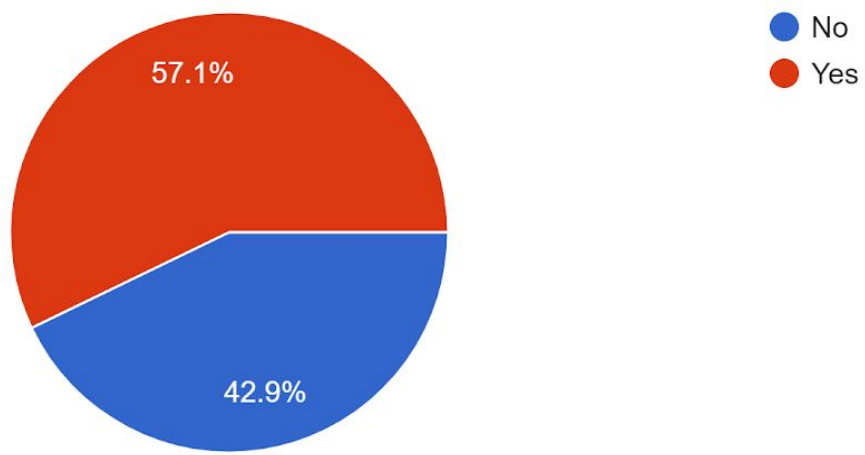
Did you know about your school's counseling services before this event?

11 responses



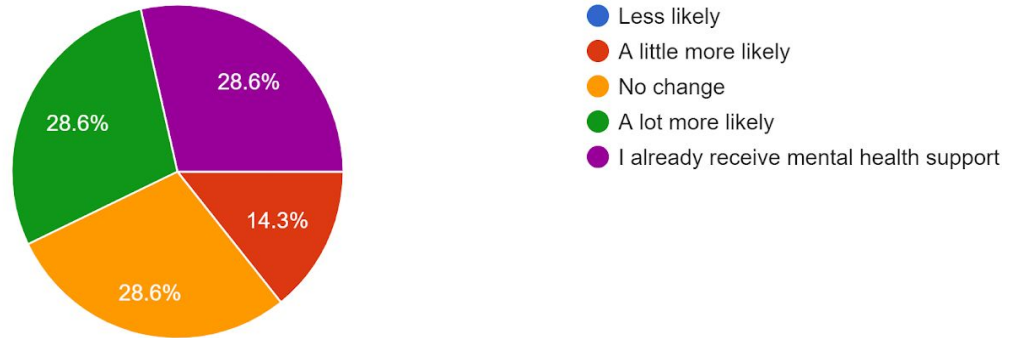
Did you know about the community resources before this event?

14 responses



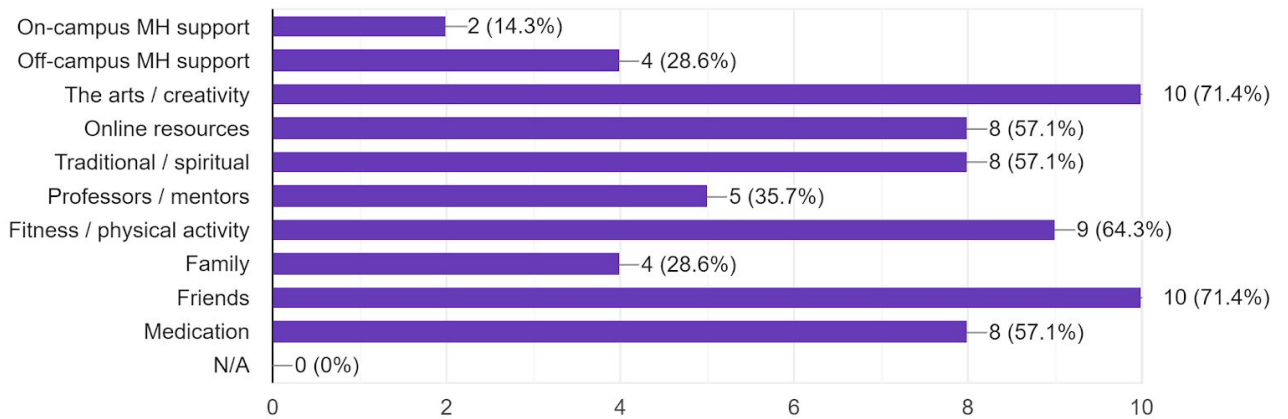
After this event, are you more or less likely to seek support for your mental health?

14 responses



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

14 responses



How'd you hear about this event?	
Facebook	8
Instagram	2
Email / Counselor / Professor / Workshop coordinator (Chelsea!)	1 each

### What was your main takeaway?

- wonderful resources, I was in college in the mid-1970s and I quit twice because I had no resources.
- I am not alone
- there is help available
- That there are people out there that want to help
- That we are all in this together and it's ok.
- TRU students are so very fortunate to have this on campus support. The team providing a wealth of support for non-students, which is greatly appreciated
- That we are all in this together and it's ok.
- Setting healthy boundaries
- How so many people need mental health resources. COVID has really highlighted gaps in the system and programming.
- There is help out there
- Never be afraid to get help. Ask for it. Also the fact that Interior Health is finally getting on board with Mental Illness us awesome. As well the some fact of how much help there is out there is unbelievable.
- I'm just a big fan of awi work
- this is a big issue. It is important for everyone to know what is available. it is possible to feel better/ recover. You are not alone.
- Everyone's outlook on how they can help themselves

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

- very friendly and cheerful and realistic and full of encouragement
- Workshop opens the talk about mental illness.
- an opportunity to discuss mental wellness
- Very informational
- It gave me some time to 'breath' and reach out.
- Extremely helpful, and supportive
- It gave me some time to 'breath' and reach out.
- Resourceful
- Opportunity to learn about mental health and wellness practices.
- Enlightening
- Surprising because there is a lot of help out there, if you know where to look. Also I would say it's educational as well
- I tell every to subscribe to your emails
- friendly, welcoming, sensitive, good listening.
- a great resource and supportive

### How might you use what you learned today?

- not feel alone, go back in time and encourage my youngner self :-)
- More resources to help cope with the stress around me.
- support a student by talking about the importance of staying healthy
- sharing the information
- To reach out for assistance and avenues to move forward.
- check out all the sites & links that were shared
- To reach out for assistance and avenues to move forward.

- Seeking support when needed
- i will use the exercises to help ground myself when needed. I will also refer to the fulsome resource list.
- I will spread what I learned to the ones who don't know
- comfort in that I am not alone. Sad I did not have support in my youth.
- Make sure to treat others with respect because you don't know what they might be going through

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

- distance from resources (2.5 hours from kamloops)
- I have seeked mental health support, have great medication that works, but that took a total collapse
- in the community cost...learning about programs ... the process
- loneliness
- Lack of funds (x2)
- Time - I am gratefully still employed, and found that any sessions were held during business hours, and I could not take that much time off work. I am now under doctor's care, but took almost 2 years to get a psychiatrist
- listening ears
- Time and energy
- Shame and money
- Mine are just taking the first step.
- distance. I am 1 hour from Clearwater, 2.5 hours from kamloops... but I guess it is all on-line/ telephone now!
- Friends

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

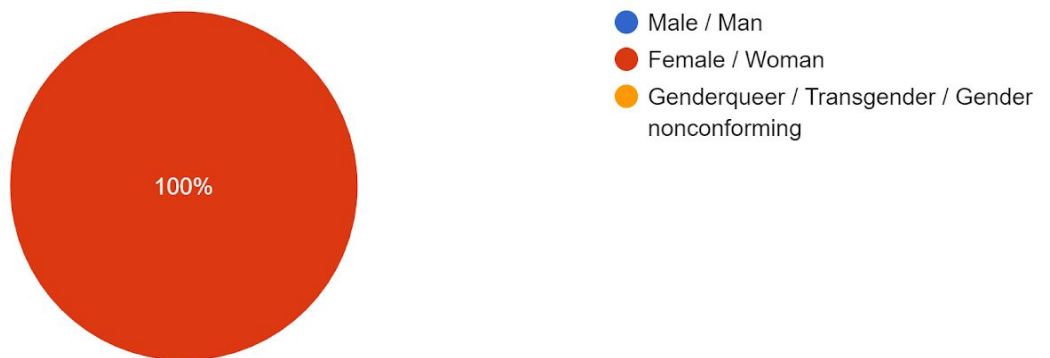
- all good
- Nothing it was a great event, more discussion, more events
- this was interesting and not so relevant to me who is a senior in the community... there is a need for wellness programs for seniors in the community....senior student c
- Awesome job
- Everything was perfect. Perhaps if you could add all of the links that were added in the chat along with the other links and email them to the cohorts.
- I think it was PERFECT
- Share more awareness
- Maybe a little more talking about the films themselves. I know it is hard in this venue, but maybe a question that links all the films together
- Staff make sure you have the right staff
- was good, short films, frequent check-ins, poll, and posting notes as we went along, several voices, not overwhelming
- This was great. I don't think anything needs improvement
- To continue this for others :) Thank you.

Major	
Bachelor of Social work	1
Business Admin	1
Early Childhood Education	1
Faculty / Alumni / Masters in Teaching (1993)	1 each

Year	
Second Year	2
Grad Student	1
Alumni	1
Faculty	1
Community Member	6

### Gender Identity

14 responses



Race / Ethnicity		
Asian/Asian Canadian		
Black/African/African Canadian	<b>1</b>	<b>7%</b>
Indian/South Asian		
Middle Eastern		
Indigenous / First Nations / Métis / Inuit	<b>2</b>	<b>14%</b>
White/Caucasian	<b>10</b>	<b>71%</b>
Hispanic/Latinx	<b>1</b>	<b>7%</b>
Pacific Islander		
Multiracial		
Other		