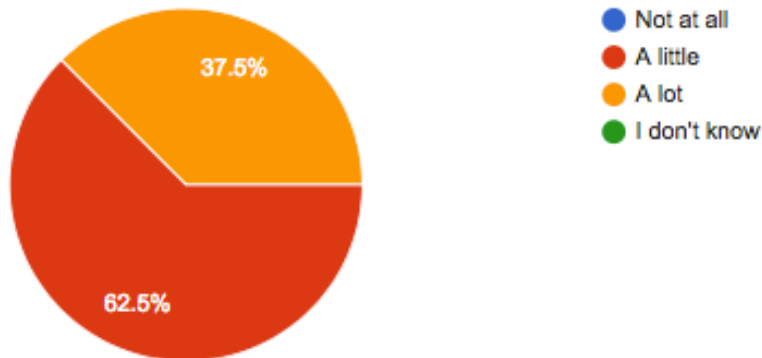


University of Alberta

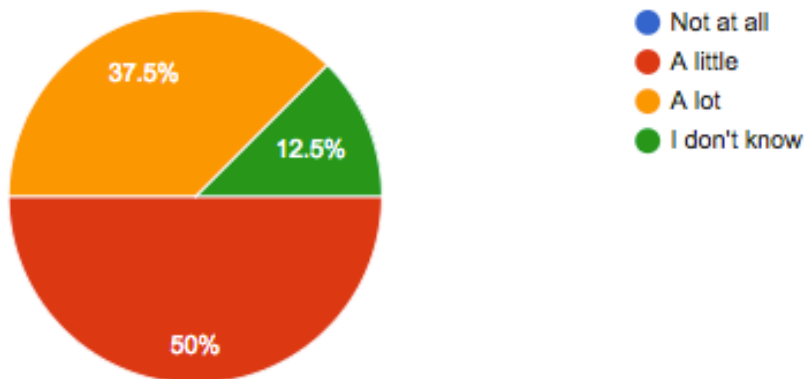
January 31, 2018

N= 8 evaluations, ~50 people in attendance

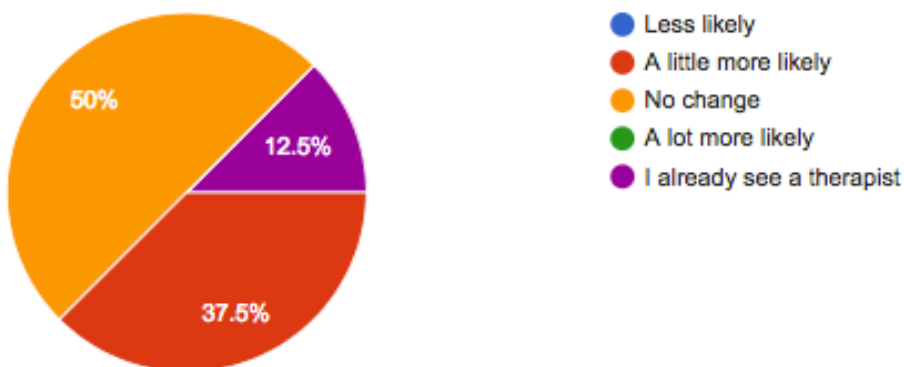
In your opinion, did this event create awareness of mental health issues?



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

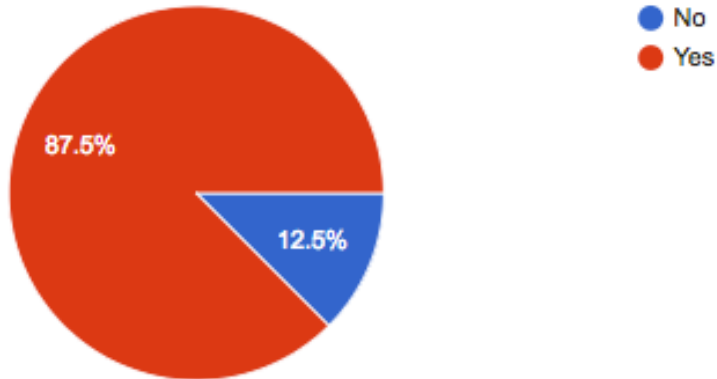


After this event, are you more or less likely to use your school's counselling services?

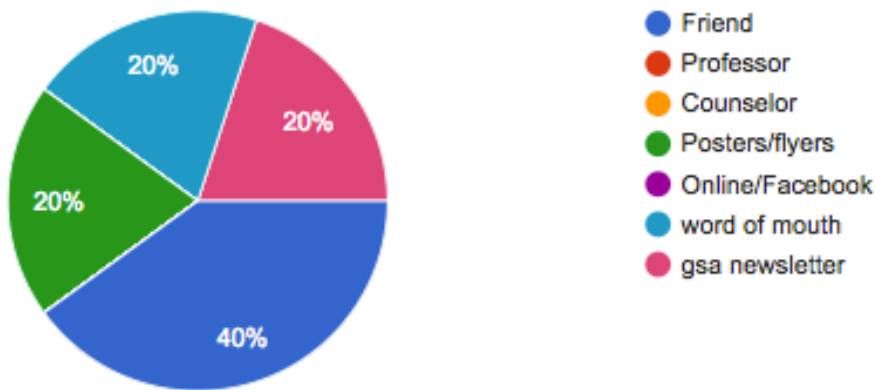


Did you know about your school's counselling services before this event?
 – 100% yes

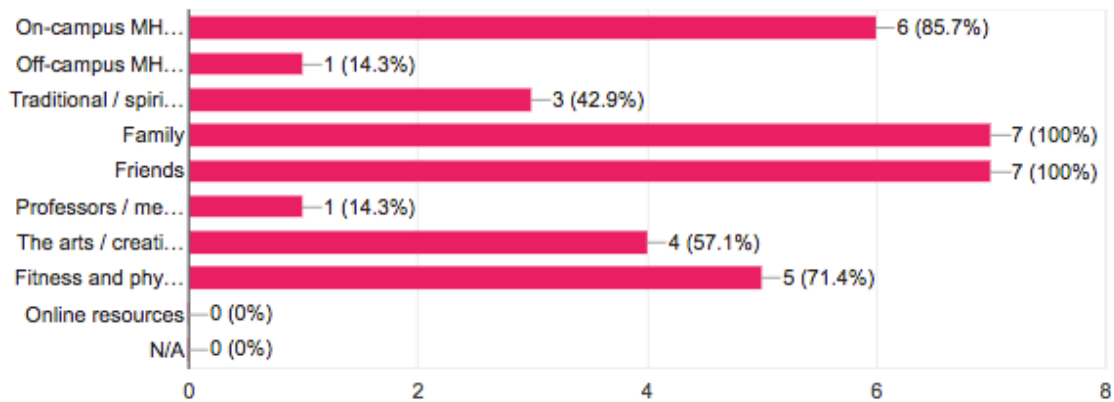
Did you know about community resources before this event?



Referral Source - How did you hear about this event?



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



What was your main takeaway?

- Listen more to people near me
- Society has many stigmas against mental health
- Appreciate hearing diverse perspectives; loved movies
- Intersectionality and how to break down the stigma
- Mental health effects everyone

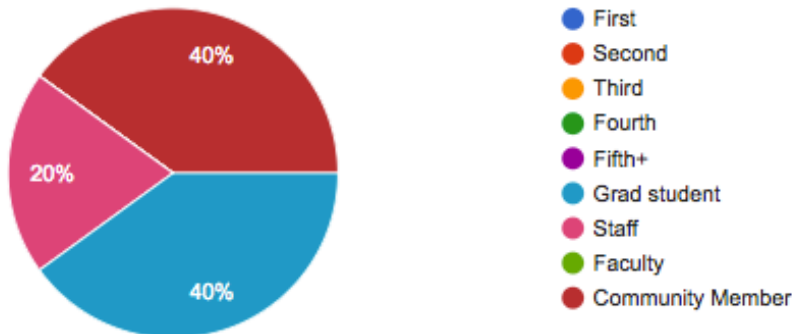
How would you describe this event to a friend?

- Mental health awareness
- Short films on mental health with an open discussion
- Thoughtful personal look at mental health through lived experience
- Series of short films with discussion about them
- Good discussion

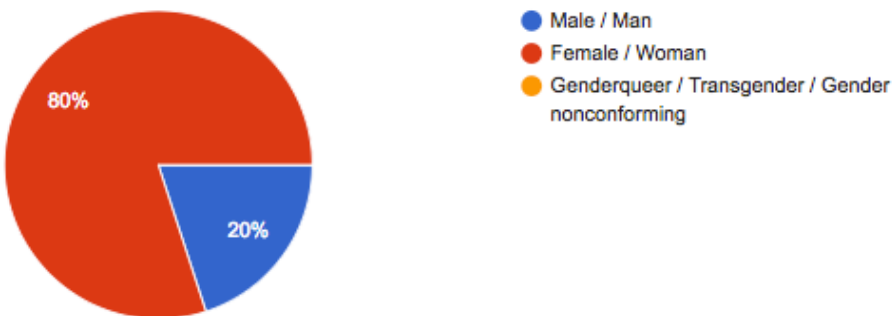
How can we improve this event in the future?

- More descriptive poster
- Facilitator was distant from group; moderate panel to summarize themes and engage audience

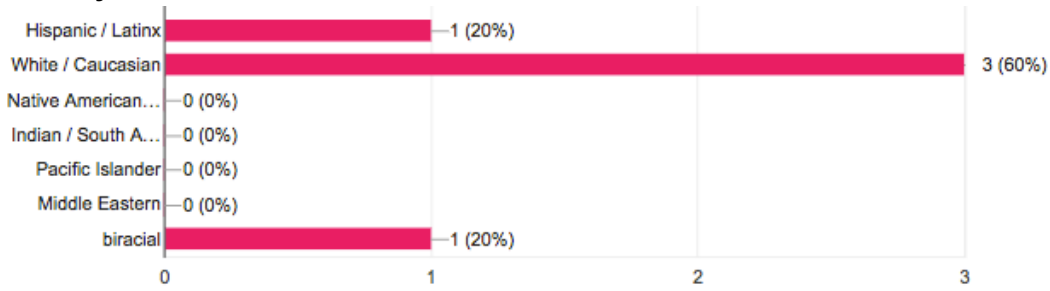
Year



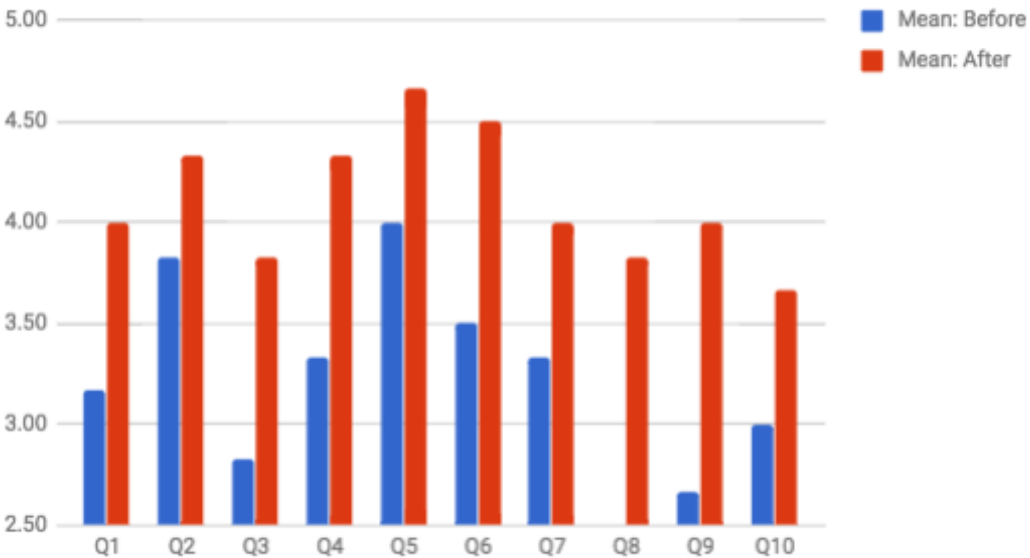
Gender



Ethnicity



Pre and Post Surveys



Questions with highest change:

- I know of at least one specific community / off-campus mental health resource available to me. (1.33)
- I know of specific ways that the arts and creativity can raise awareness about mental health issues. (1.33)
- I know how to look for and identify signs that I or someone else might need mental health support. (1.00)
- I can give examples of how mass media and popular culture influence the way people think about mental health. (1.00)
- I can explain what stigma is, and how it relates to mental health. (1.00)