

University of the Fraser Valley
October 5, 2016

N= 13 evaluations, ~ 40 people in attendance

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

Not at all	A little	A lot	I don't know
0	3	9	1
%	23%	69%	8%

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

Not at all	A little	A lot	I don't know
0	4	9	0
%	31%	69%	%

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

No	Yes
3	10
23%	77%

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

Less likely	No change	A little more likely	A lot more likely	Already see someone
0	2	3	6	2
%	15%	23%	46%	15%

Referral Source - How did you hear about this event?

Class	1	8%
Counsellor	1	8%
Friend	2	17%
Online	2	17%
Posters	4	33%

Posters / Friend	1	8%
Walked in	1	8%

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

Counselling	6	75%
Personal support	1	13%

What was your main takeaway?

- Help is closer than you think
- How close to home issues related to MH
- I should go back to counselling
- It's okay to seek help
- Mental health is important
- Remove stigma around mental health
- There are more resources available here than I knew about originally
- We're all in this together

How would you describe this event to a friend?

- Amazing way to create awareness
- An event they have to attend
- Helpful
- Helpful and informative
- Open, able to talk about your experiences with mental health. As well as creating resources for people in need of them
- Real
- Supportive, a community
- Very informative

How can we improve this event in the future?

- Discussion about mental illnesses that are confusing. More frightening than depression. Ex. personality disorders, bipolar, etc.
- Keep doing it
- Nothing, it was great

Major:

- BFA - 1
- Biology – 1
- BSW – 1
- General Studies – 3
- Undeclared – 1
- Psychology – 2
- Rhetoric – 1

Social Work - 3

Year

First	Second	Third	Fourth	Fifth+
5	4	1	1	2
38%	31%	8%	8%	15%

Gender

Female	Male
11	1
92%	8%

Ethnicity

Black / African Canadian	Aboriginal / First Nations / Indigenous	South Asian	White / Caucasian
1	2	1	8
8%	17%	8%	67%

Anything else we should know?

- This was very helpful
- Thank you