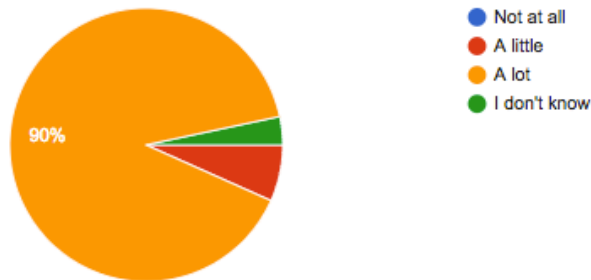


University of Guelph January 17, 2018

N= 51 evaluations, ~120 people in attendance

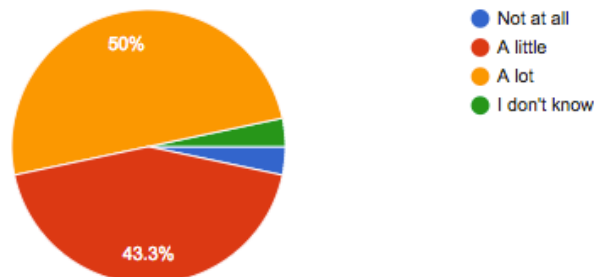
In your opinion, did this event create awareness of mental health issues?

30 responses



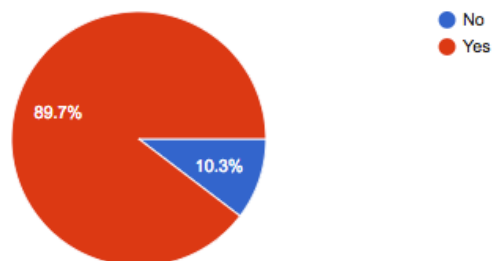
In your opinion, did this event reduce stigma related to mental illness?

30 responses



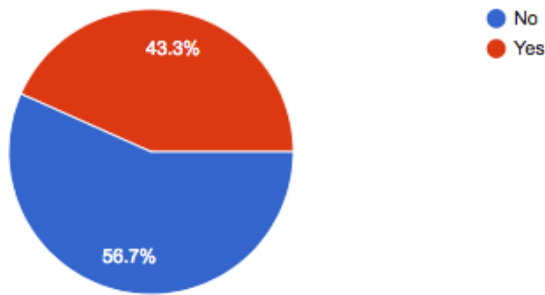
Did you know about your school's counseling services before this event?

29 responses



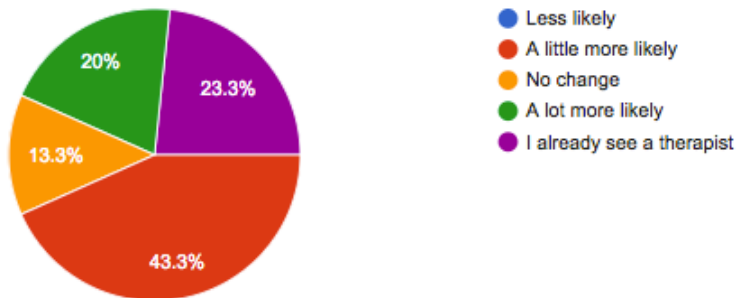
Did you know about community resources before this event?

30 responses



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

30 responses



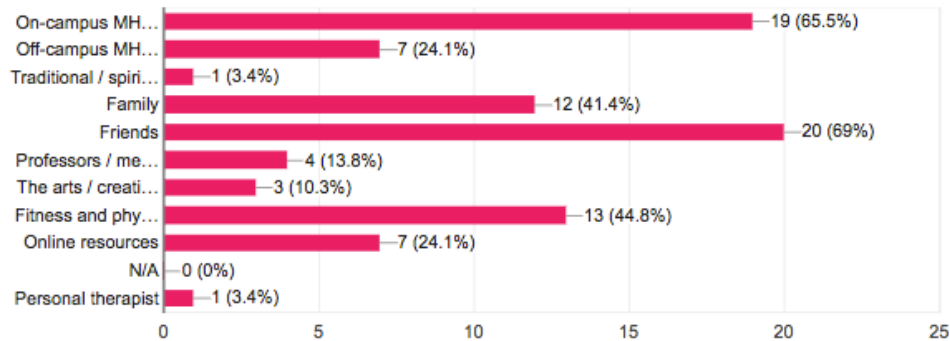
Referral Source - How did you hear about this event?

- 1in5 Committee
- Email
- Family
- FRHD 2400 – (4)
- Friend – (4)
- Grad student newsletter
- Gryphlife
- Jack.org – (2)
- My course - Intro to Human Resources
- Peer Helper Program - (2)
- Posters/flyers - (3)
- Professor
- SSN - (4)
- Volunteer w/ OUTline and our facilitator suggested event

Support Category

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

29 responses



What was your main takeaway?

- Ask deeper questions than 'are you ok?'
- Awareness is gradually increasing
- Be open to others about your mental health / not alone
- Diversity of mental illness and stigma
- Everyone has mental health and it is very personal
- Everyone has their own story. Though people may not explicitly express it, they may be suffering in silence. Mental health looks different for different people.
- Excellent presentation. Very glad professors encouraged students to attend.
- Experiences are so diverse and all valid
- Help is there for you
- How invisible mental health is, how good it feels to talk openly about it with a group
- I want to write about my experiences
- It is good to talk about mental health
- It's okay to reach out if you need support
- Mental health and stigma affect everyone
- Mental health has a variety of forms
- Mental health in the Black community
- Mental health isn't always viewed as a problem
- Mental illness is rough, but you're not alone
- MH is important and not something that should be overlooked
- MH support is available
- Not comparing one's issues to another
- Reduce stigma
- The different stereotypes people believe in
- The stigma of mental health is widespread but varies from community to community

- The vast differences in MH awareness between cultures / countries / communities
- This fight against the stigma is continuous / drastically needs to grow

How would you describe this event to a friend?

- Amazing (2)
- Awesome
- Creating awareness for a variety of mental health sufferers
- Engaging
- Eye opening, helpful (4)
- Good films
- Highly recommend
- Informative
- Informative, interesting, well-structured
- Inspiring
- Inspiring, informing, incredibly well done
- Interactive and educational
- It was a nice change to break my stereotype and very useful to know more about mental health
- Movies were made about mental health and they were watched and debriefed
- One of the most worthwhile events you will ever attend; timely
- Powerful
- Space to connect with others through mental health experiences
- Talking about mental health
- Very informational and eye opening towards how people with mental illness feel
- You watch and discuss short films about mental health

What are the biggest barriers to your mental wellness and/or receiving help?

- Academic pressures
- Access / awareness
- Asking for help
- Fear
- Feeling judged / dramatic
- Feeling like it's not a big enough problem
- Finding the time
- Gendered stigma
- I'm scared of being vulnerable and people finding out I need help
- If there is a room change make it well posted on at least the advertised room that it is changed.
- Intersection of so many things. Mental illness, past traumas (current hardships ongoing). I have sought out a lot but sometimes it is guilt for taking time as I already lose so much due to lack of concentration and avoidance anyways
- Judgment

- Myself - being in denial about underlying issues I may have
- Negative stigma / response from whoever I tell
- Pride
- Reputation from my community
- Stigma (2)
- Stigma, accessibility
- Stigma, feeling like a burden, feeling embarrassed, small, unworthy, misunderstood
- Validation

How can we improve this event in the future?

- Awesome event, maybe just lights turned off during the movies :)
- Bigger room, more target to first year students / residence
- I can't think of any. But the films were strong
- Lack of recognizing someone needs help, stigma
- Less discussion, more videos
- Make it more known on campus
- More people sharing stories
- More personal stories
- More time for panel, less time discussing in small groups
- No time with university assignments
- Vegan and gluten free food. Some break away discussion groups, might be easier for some students rather than take initiative to find someone to talk to

Major:

ADEV

Adult Development (4)

Animal biology

Animal Science

Applied Human Nutrition

Arts and science

Biological Science

BioSci

Child, youth and family

Environmental biology

IDEV

Neuroscience

Nutrition (2)

PBC

Plant Agriculture

Psychology (3)

Psychology / Sociology

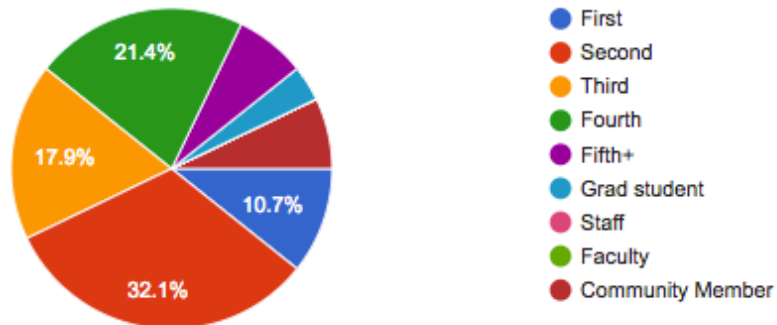
Psychology and Zoology

Science

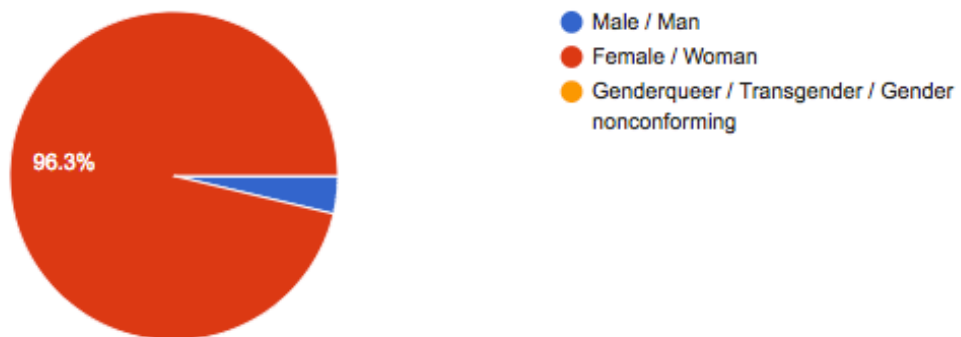
Sociology, family and child studies

Year

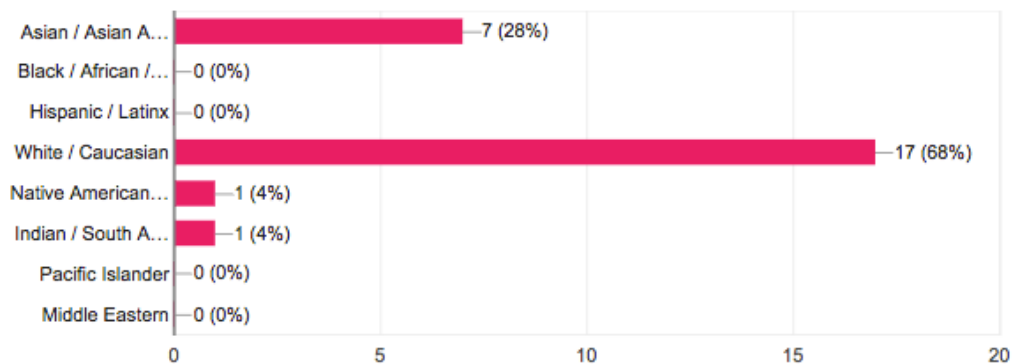
28 responses

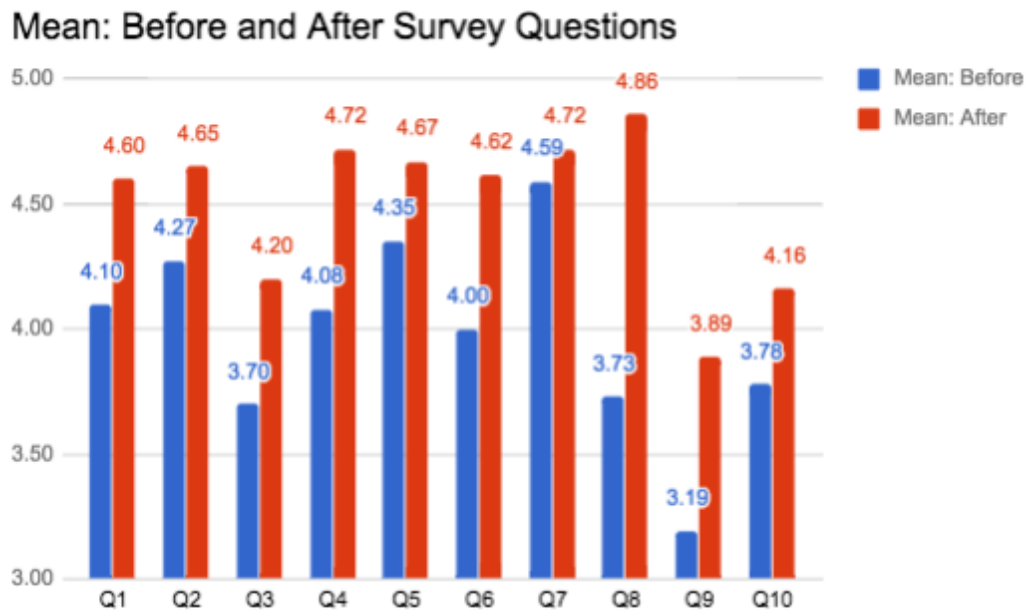


Gender



Ethnicity / Identifiers





Questions:

1. I would feel confident describing what "mental health" is to another person.
2. I have an understanding of what it might be like to live with a mental illness.
3. I know how to look for and identify signs that I or someone else might need mental health support.
4. I can give examples of how mass media and popular culture influence the way people think about mental health.
5. I can give specific examples of how people with mental illness are impacted by mainstream attitudes about mental illness
6. I can explain what stigma is, and how it relates to mental health.
7. I know of at least one specific on-campus mental health resource available to me.
8. I know of at least one specific community / off-campus mental health resource available to me.
9. I know of specific ways that the arts and creativity can raise awareness about mental health issues.
10. I am likely to reach out for support for my mental health if / when I need it.

*** **Highest improvements** (in order of: most change to least change, though each question saw positive change):

- I know of at least one specific community / off-campus mental health resource available to me.
- I know of specific ways that the arts and creativity can raise awareness about mental health issues.
- I can give examples of how mass media and popular culture influence the way people think about mental health.
- I would feel confident describing what "mental health" is to another person.
- I know how to look for and identify signs that I or someone else might need mental health support.