

# Movies for Mental Health

## Post-Workshop Evaluations

University of Manitoba Fort Garry  
January 29, 2020

Number of attendees: 18  
Number of evaluations: 9

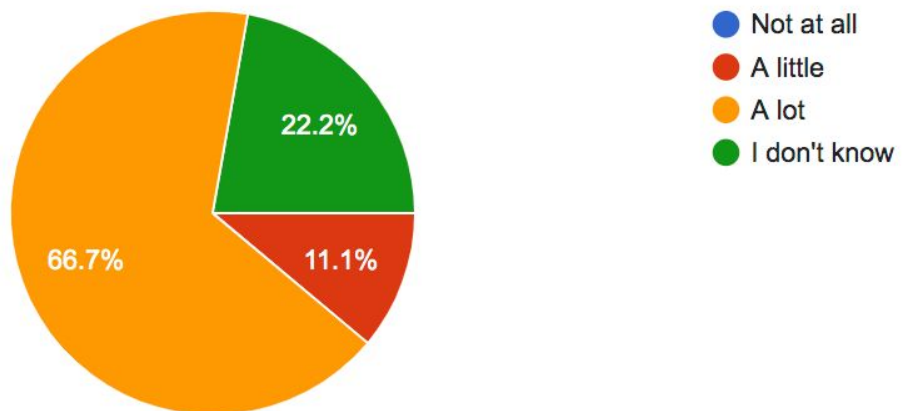
In your opinion, did this event create awareness of mental health issues?

9 responses



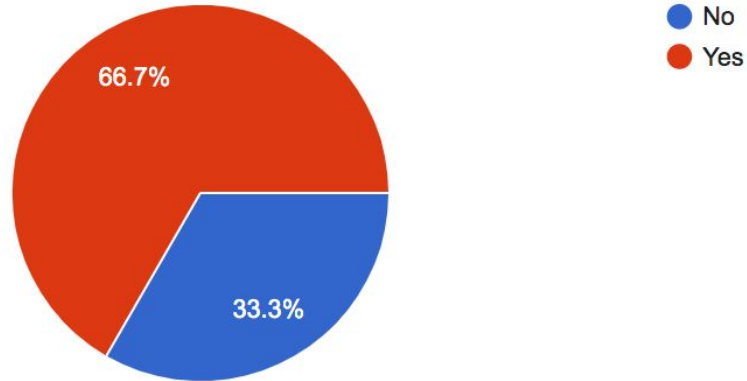
In your opinion, did this event reduce stigma related to mental illness?

9 responses



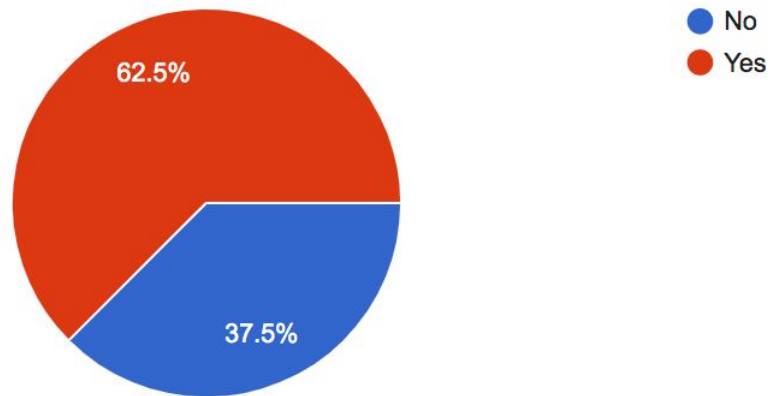
Did you know about your school's counselling services before this event?

9 responses



Did you know about the community resources before this event?

8 responses



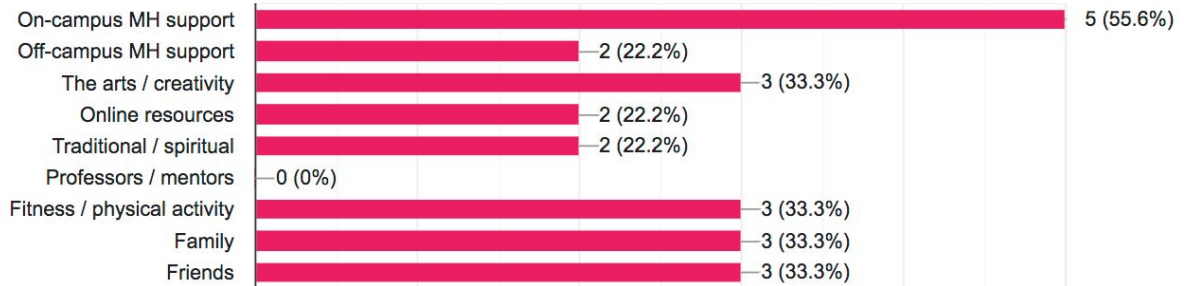
After this event, are you more or less likely to seek support for your mental health?

9 responses



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

9 responses



How did you hear about this event?

Friend	11%
Instagram	22%
Saw free food	22%
UMSU	11%
Posters / flyers	22%
Social media and posters	11%

What was your main takeaway?

- Mental health is a broad subject
- More communication than I originally thought
- There are a lot of supports for MH and how to help talk to someone
- It's normal and you are not alone
- Having a panel talk about their experience for mental health
- Purpose, the movie
- A lot of positive attitudes about the MH well-being

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

- A great insight into mental health
- Interesting, well put together

- Informative, welcoming, supportive
- Come watch films about mental health
- A great way to hear about others who can relate to you and a way to encourage you to seek help
- Excellent!
- Support people you never know what they are going through in life
- A wonderful session which talks about mental well-being

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

- Knowing better how to help others with their mental wellness
- To help others
- To help understand / talk to people I know about MH
- Normalize talk about mental health
- I would encourage others who struggle and refer them to resources listed in presentation
- How to use videos to convey aspects around mental health
- Help anyone who needs my help, friends, family, anyone etc
- Probably I will use the resources available to reduce the stress or anxiety of experience
- You can speak out about it

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

- The stigma of being seen as weak
- Understanding
- Stigma
- My family members, I find they're ignorant to this topic
- Maybe the schedule or the community that I live in
- Anxiety

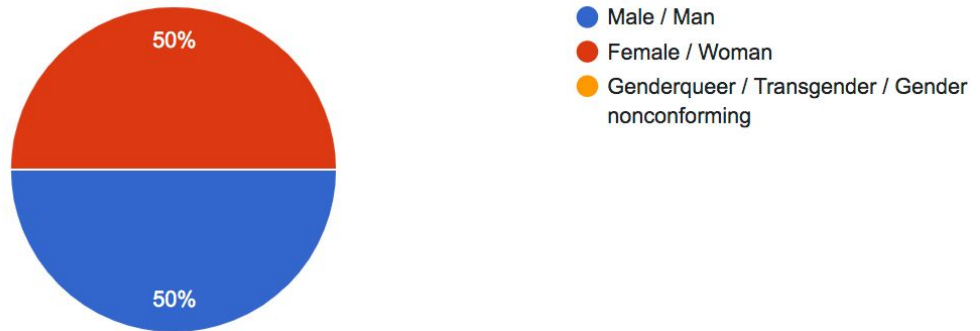
### How can we improve this event in the future?

- It was perfect
- Drinks
- More advertising?
- Have a mix of race talk about mental health and their experience (Asian, African, Indian, etc)
- Was excellent!
- I guess maybe the moves could be a bit more minutes long
- Promote it by having a stand at the UC Centre

Major	
Undeclared	<b>33.3%</b>
Nutrition	<b>16.7%</b>
Genetics	<b>16.7%</b>
Fine Arts	<b>16.7%</b>
Agriculture	<b>16.7%</b>

### Gender Identity

8 responses



Year	
First	<b>78%</b>
Third	<b>11%</b>
Staff	<b>11%</b>

Race / Ethnicity		
Asian / Asian-American	<b>1</b>	<b>11%</b>
Black / African / African-American	<b>1</b>	<b>11%</b>
Hispanic / Latinx	<b>1</b>	<b>11%</b>
Indian / South Asian	<b>2</b>	<b>22%</b>
White / Caucasian	<b>4</b>	<b>44%</b>