

Movies for Mental Health

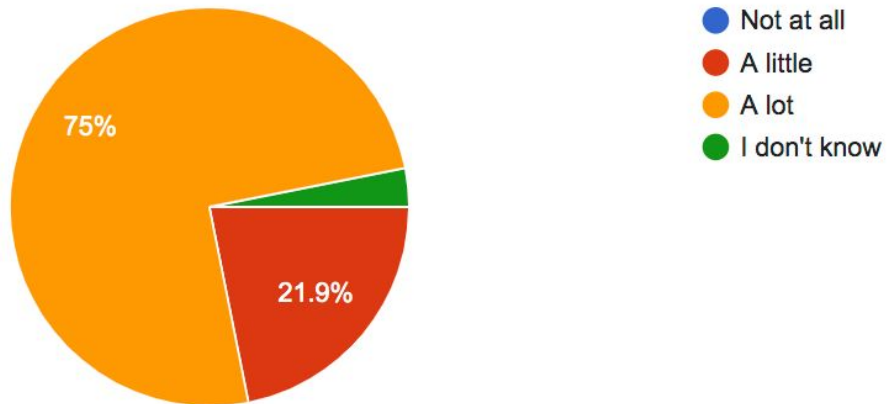
Post-Workshop Evaluations

University of Manitoba Bannatyne
January 30, 2020

Number of attendees: 41
Number of evaluations: 32

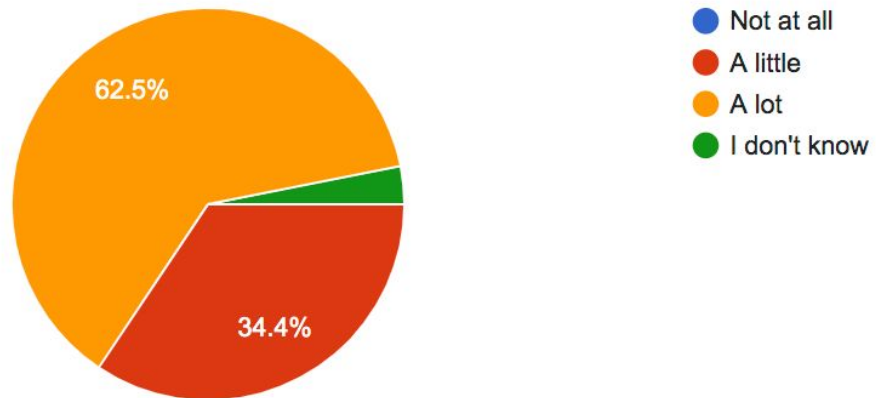
In your opinion, did this event create awareness of mental health issues?

32 responses



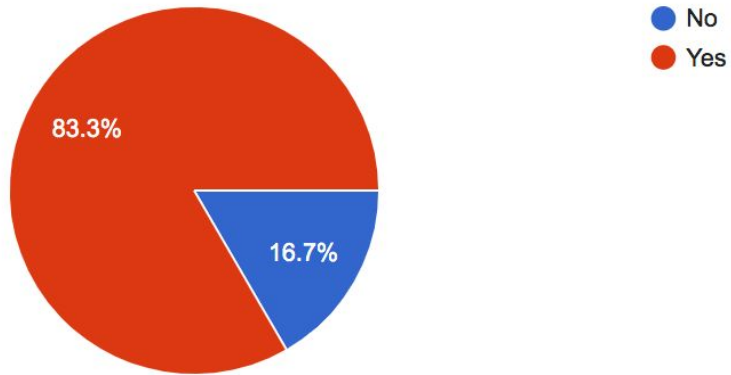
In your opinion, did this event reduce stigma related to mental illness?

32 responses



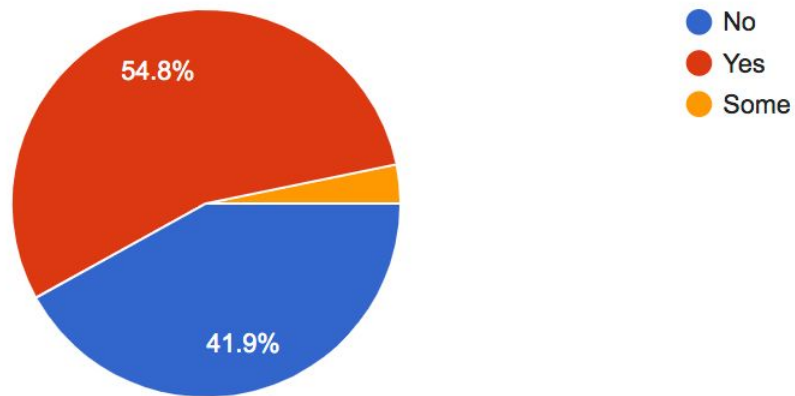
Did you know about your school's counselling services before this event?

30 responses



Did you know about the community resources before this event?

31 responses



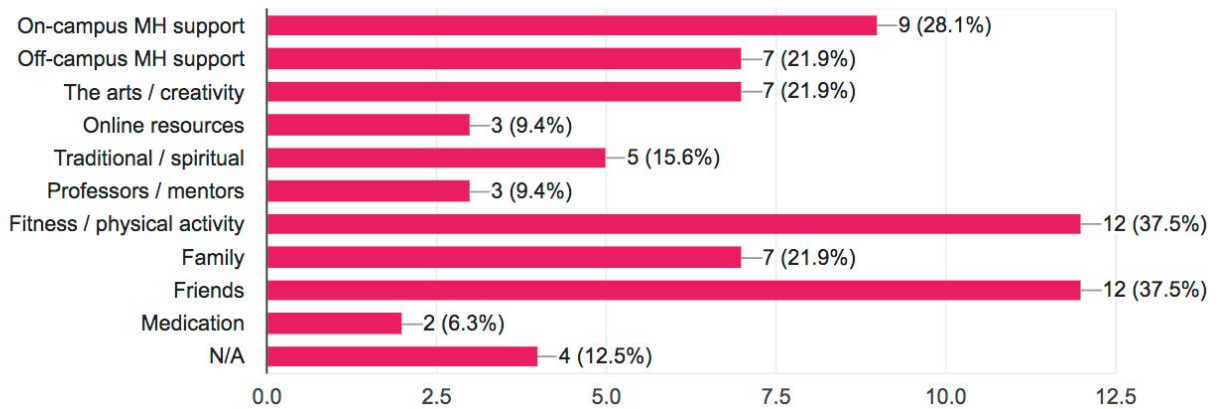
After this event, are you more or less likely to seek support for your mental health?

31 responses



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

32 responses



How did you hear about this event?

Posters	25%
Facebook	18%
Campus (unspecified)	11%
Email	7%
Friend	7%
School FB Page, Med FB Group, Wellness rep (FB), SS@BC, Word of mouth, Class FB page, Social media, Instagram, Helped organize it	3.6% each

What was your main takeaway?

- It helps us to understand the problems in mental health
- It was interesting. I wondered what the films were
- Destigmatization, normalization about speaking about mental health and help seeking
- Reach out
- Mental illness affects people in different ways
- Learned so many things
- Knowledge about mental illness
- Mental health / illness doesn't always look a certain way
- Mental awareness doesn't discriminate
- A lot of people are struggling - no one is alone
- Mental health and wellness looks different to everyone
- Mental health is different for everyone
- It's okay to ask for help. Lots of services available.

- We should talk about this more
- Use of art to share stories
- The range of services available
- Talk about mental health
- It's not a sign of weakness to ask for help

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

- A nice approach to mental health
- An opportunity to understand the different situations that a person may experience
- Art and discussion to normalize mental health issues
- Engaging, useful
- Evocative, necessary
- Great
- Great eye opener
- Helpful / mindful
- Helpful and informative
- Informative
- Informative, impactful, hopeful
- Interactive
- Interesting, informative
- Mental health awareness session
- Mental health related workshop where you can learn many important things
- Open, supportive, heart-opening
- Stuff you never thought about and wasn't aware of
- Touching, thoughtful and very interesting
- Useful and informative workshop
- Useful to provide awareness of mental health
- Very informative

How might you use what you learned today?

- Access resources
- Be aware of mental illnesses and help myself
- Correct misconceptions to reduce stigma
- Create awareness
- Educating my parents on how stereotyping Indigenous folk is problematic
- For self reflection, connect others with resources
- Help friends who are struggling
- Helping a friend
- In my real life
- More awareness
- Reach out more. Be honest more.
- Reaching out to friends to make sure they're really okay
- Resources to share with others
- Seek of MH if I need it
- Spread positivity, share with others
- The film on residential school
- To inform others

- What I learned today I might use it to be more empathetic

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

- Accepting the fact that help is needed
- Career / professional
- Cost, time
- Culture and religious views of mental illness
- Fear
- Making the effort to exercise
- My fears about current and future life
- Schedule
- Stigma
- Study
- Time and convincing myself everything is fine
- Time and energy -> therapy is exhausting!
- Time and money
- Time constraints of life
- Time, money, motivation
- Unaware of resources. Not sure if my problems are big enough to warrant mental health support

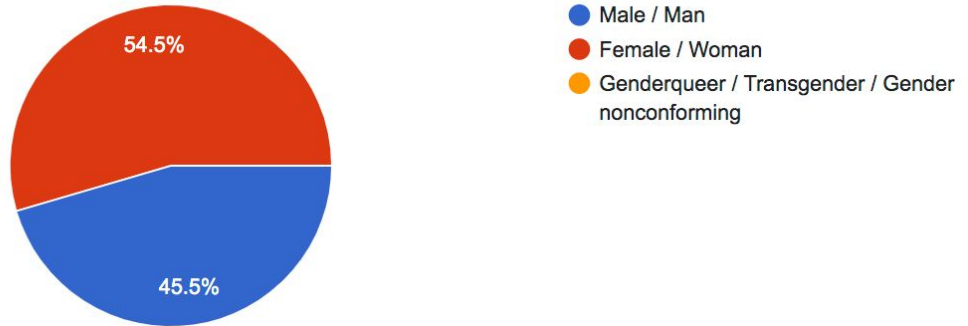
How can we improve this event in the future?

- Changing the time and increasing the session
- Monthly events would be the best choice to see the improvement in our mental health
- Explaining a little bit about mental illness. What type and how many there are
- No complaints from me! :)
- More real life examples
- Brainstorming ideas for movies / short film
- Mushrooms on pepperoni pizza :)
- Tough room - better if we could've been in a circle
- Integrate it into orientation week
- More pizza!
- More videos!
- A more relaxed situation / room to watch the films and have discussion
- Smaller space (2)

Major	
Medicine	41%
Animal Science, Biologist, Business, Computer Science, Dentistry, Journalism, Neuroscience, Pharmacy, Immunology, Science	6% each

Gender Identity

22 responses



Ethnicity

23 responses

