

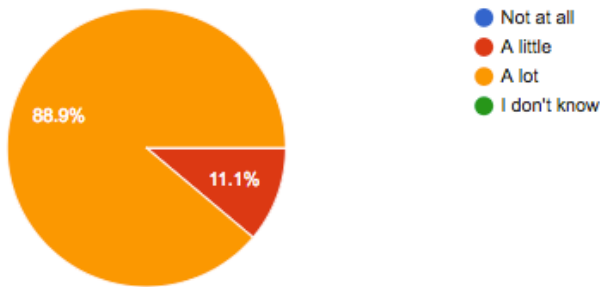
# Western University February 8, 2018

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N= 9 evaluations, ~ 22 people in attendance

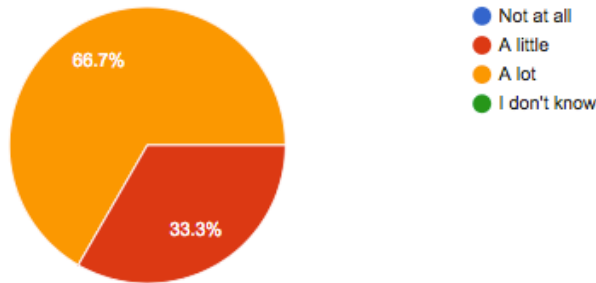
**In your opinion, did this event create awareness of mental health issues?**

9 responses



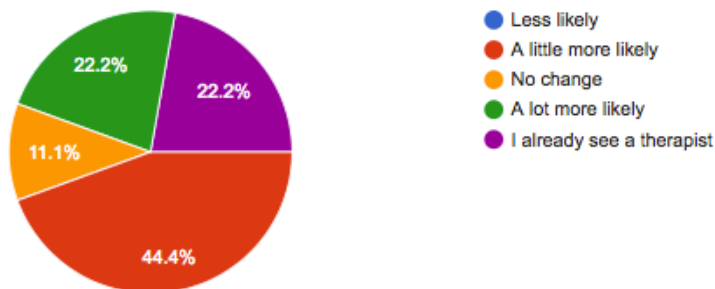
**In your opinion, did this event reduce stigma related to mental illness?**

9 responses



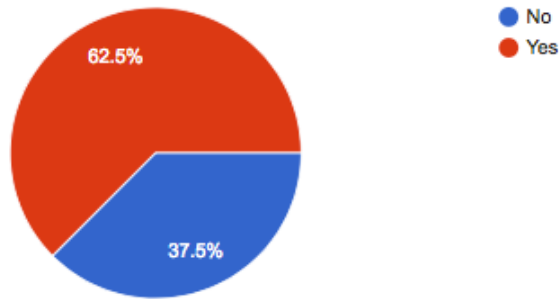
**After this event, are you more or less likely to seek support for your mental health?**

9 responses



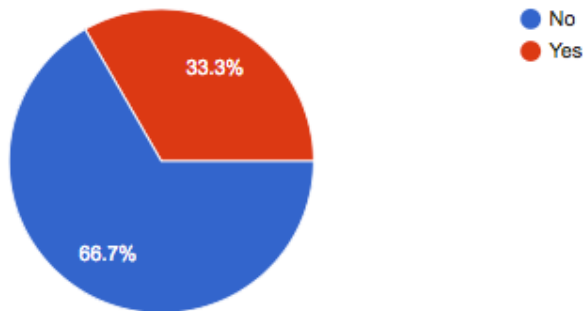
### Did you know about your school's counseling services before this event?

8 responses

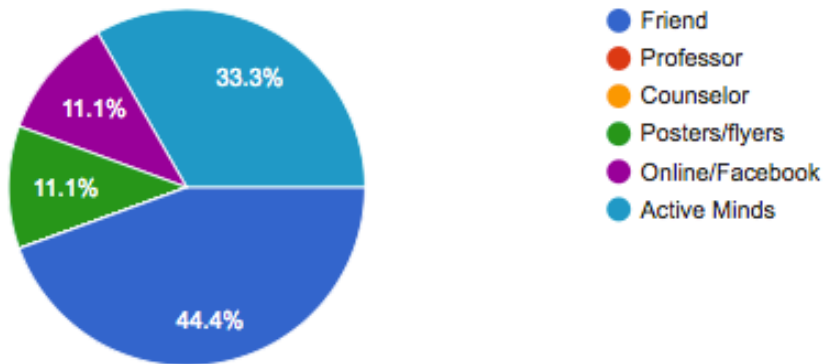


### Did you know about community resources before this event?

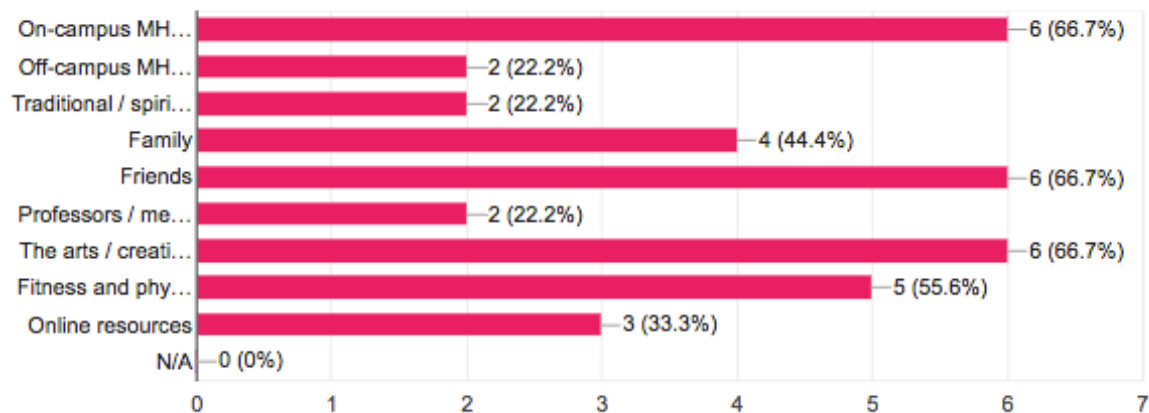
9 responses



### Referral Source - How did you hear about this event?



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



\* On campus, friends, the arts marked as the most sought

### What was your main takeaway?

- Talking about it is okay
- People struggle a lot more than you know
- I will get better!
- Help is available but I have to reach out
- Mental illness can be invisible
- Feel I am not alone
- Mental health isn't singular

### How would you describe this event to a friend?

- Discussion and insight into stigma about mental health
- Very informative
- Informative
- Really nice. Films were great.
- A chance to see different perspectives through film and have a vulnerable and real discussion
- Interesting
- A great event to know our problems
- Engaging, enlightening, hopeful

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

- Larger, less informed audience
- Show more films
- Warmer pizza, more videos
- Loved it

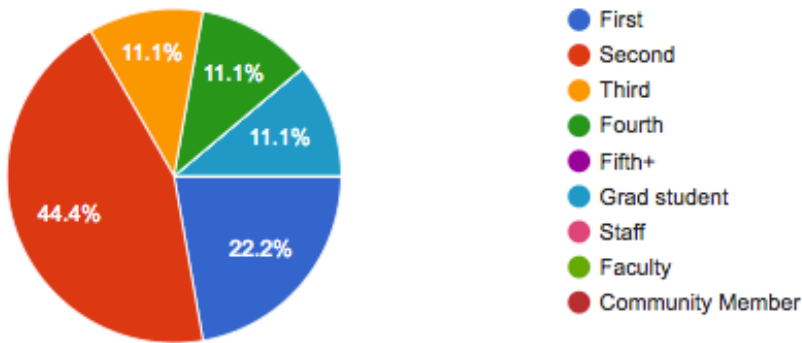
**What are the biggest barriers to your MW and/or receiving help?**

- Trusting people enough to talk about my struggles
- Myself
- No services on campus, services that are available, staff aren't good
- Ironically, being busy and stigmatizing myself
- Phone anxiety and time
- Lack of education

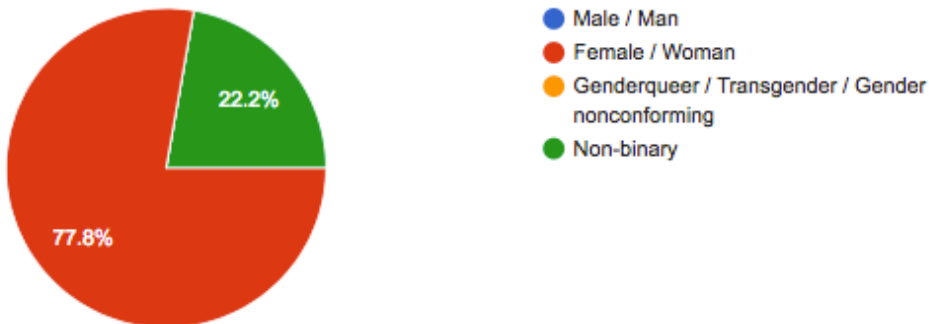
**Major:**

BMOs  
English  
FIMs  
English lit (2)  
Health Studies and English Lit  
Biology and bioarcheology  
Linguistics

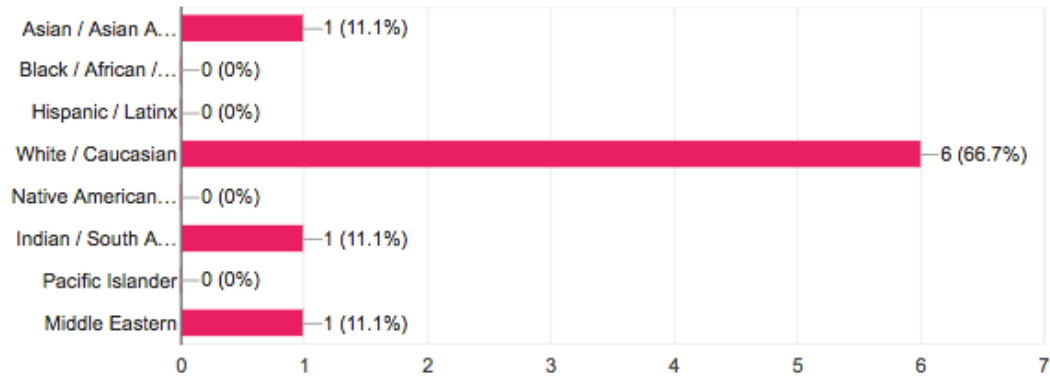
**Year**



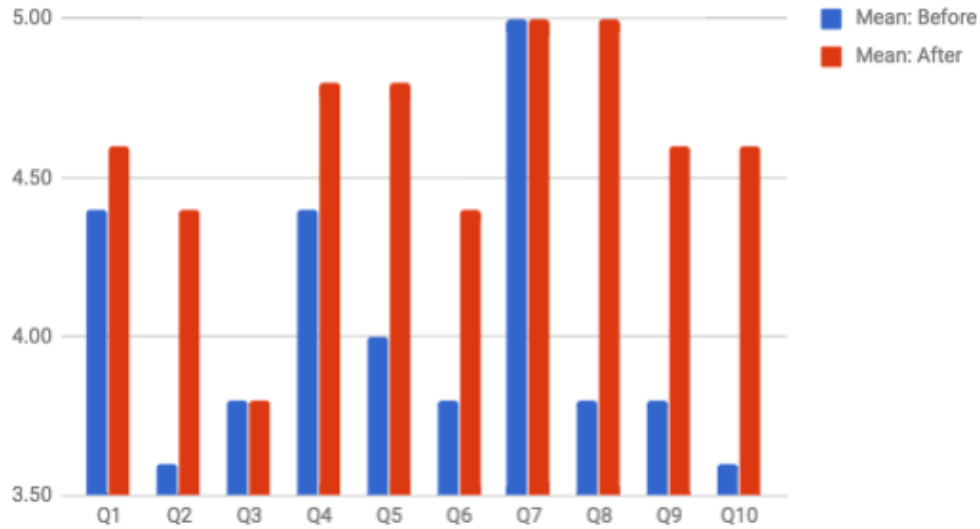
**Gender**



## Ethnicity



## Before and After Surveys



Highest increases:

Q2 – 'I have an understanding of what it might be like to live with a mental illness'

Q10 – 'I am likely to reach out for support for my mental health if/ when I need it'