

Western University
January 12, 2017

N= 21 evaluations, ~ 28 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	18	
%	14%	86%	%

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

Not at all	A little	A lot	I don't know
	7	14	
%	33%	67%	%

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

No	Yes
	21
%	100%

Did you know about community resources before this event?

No	Yes
3	16
16%	84%

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

N/A	No change	A little more likely	A lot more likely	Already seek help
1	5	6	2	6
5%	25%	30%	10%	30%

Referral Source - How did you hear about this event?

Active Minds	1	5%
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Email	2	10%
Health Promotions + Facebook	2	10%
Facebook	3	15%
Friend	4	20%
Panelist	1	5%
Posters	1	5%
Sexual Assault Centre London	3	15%
Student Council	2	10%
Work	1	5%

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

Depends on the day	1
Eating disorder support	1
Outdoor group Therapy	1
Peer to peer, sharing stories of lived experience	2
School stress and anxiety	1
Social workers, therapists (one on one) and group support	1
Therapy	7

What was your main takeaway?

- Stigma and lack of understanding are huge barriers to the treatment and identification of mental illness (4)
- Continue to be open minded and non-judgmental. It's okay to not be okay - be as patient with myself as I am with others.
- Impact of art on stigma reduction
- There is help, several different kinds
- Seeking help is worth it
- That reaching out for help is and should not be intimidating
- Great films, creative way to express mental health

- Authentic depictions of mental illness are really relatable even for folks without lived experience
- Film and other medias good method of alternate education
- I really liked the 'FINE' takeaway. How many people say life is 'fine' and don't really mean it - hidden answer.
- The videos were impactful

How would you describe this event to a friend?

- A way to connect with others
- Discussion on short films on mental health and learning about resources in our community
- Educational and non-judgment experience
- Empowering
- Event that uses short films to open the discussion of mental health, followed by a more in depth discussion of mental wellness
- Informative
- Insightful (2)
- Interactive, thought-provoking
- Intimate
- Mental health films and discussions that really get you thinking
- Open / honest discussion about mental health
- Very impactful and engaging

How can we improve this event in the future?

- Just group instead of partner discussions
- Maybe showing a couple more videos
- More booths to pick from
- More panel and questions (3), less post-video discussion
- More promo / spread the word (2)

Major:

Arts (English) (2)

English language and lit and SASAH

Environmental Science and Psychology

Epidemiology

Genetics

Health Sciences (3)

Health Sciences + Biology

History / Political Science

Medical Sciences

Medical Sciences / Psychology

Political Science + English

Psychology

Year

First	Second	Third	Fourth	Fifth+	Staff or Faculty	Community Member
2	5	2	5	1	2	2
11%	26%	11%	26%	5%	11%	11%

Gender

Female	Male
19	1
95%	5%

Ethnicity

Asian / Pacific Islander	Black / African Canadian	South Asian	White / Caucasian
3	2	2	13
15%	10%	10%	65%

Anything else we should know?

- Thank you so much for allowing me to speak!
- A lot of the messages here are most crucial for those who do not actively seek to attend these seminars. These videos can really empower and educate. They should be broadcast in lectures or event O-week festivities / assemblies. It will help to teach compassion. People often care but don't know how to understand.
- Great job :)