

# University of Waterloo

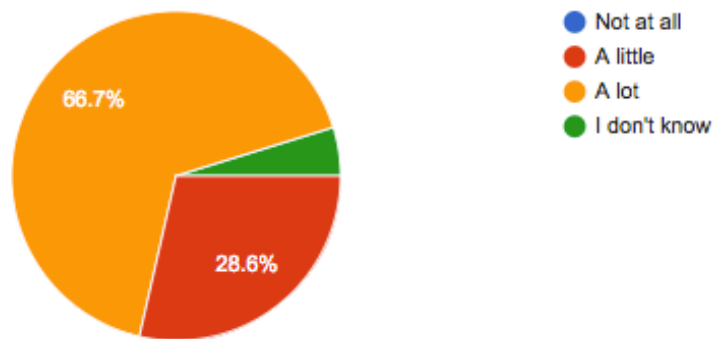
## November 2, 2017

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N= 22 evaluations, ~ 33 people in attendance

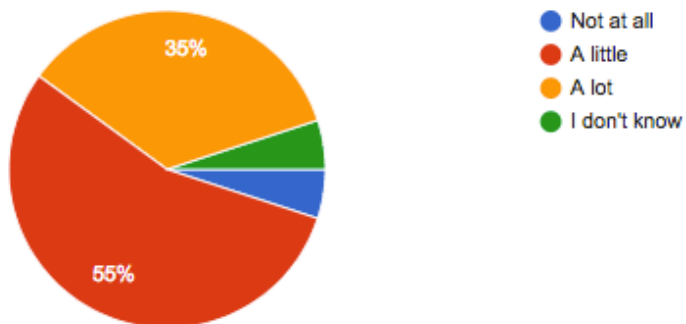
### In your opinion, did this event create awareness of mental health issues?

21 responses



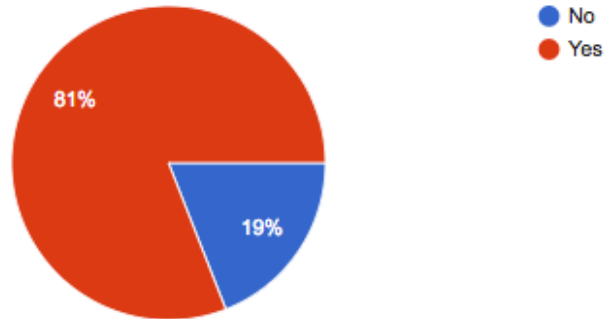
### In your opinion, did this event reduce stigma related to mental illness?

20 responses

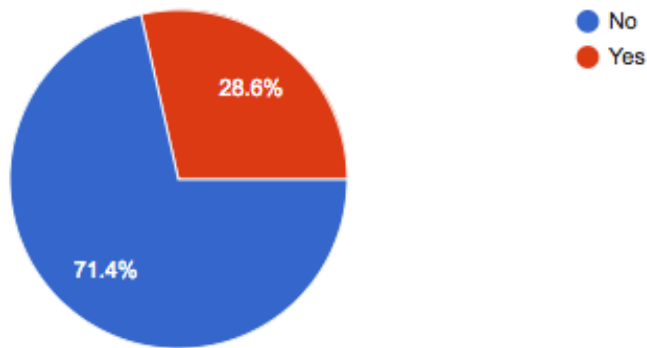


## Did you know about your school's counseling services before this event?

21 responses

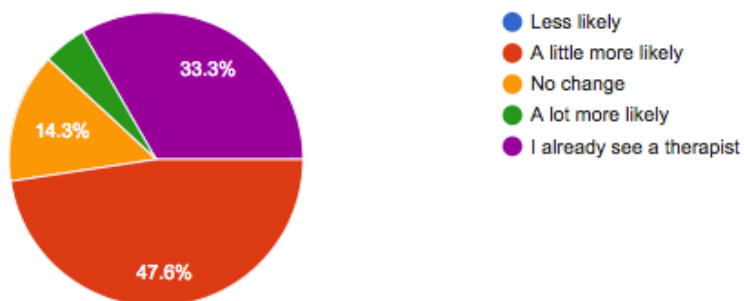


## Did you know about community resources before this event?



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

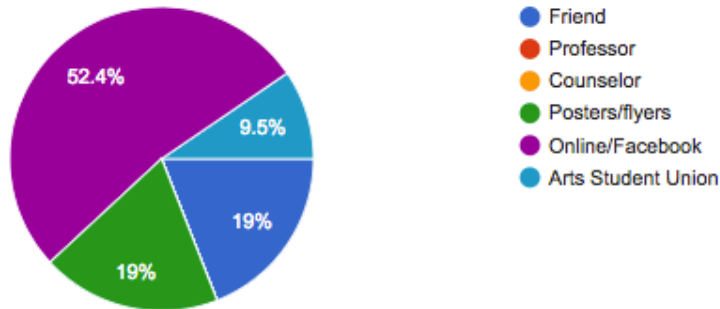
21 responses



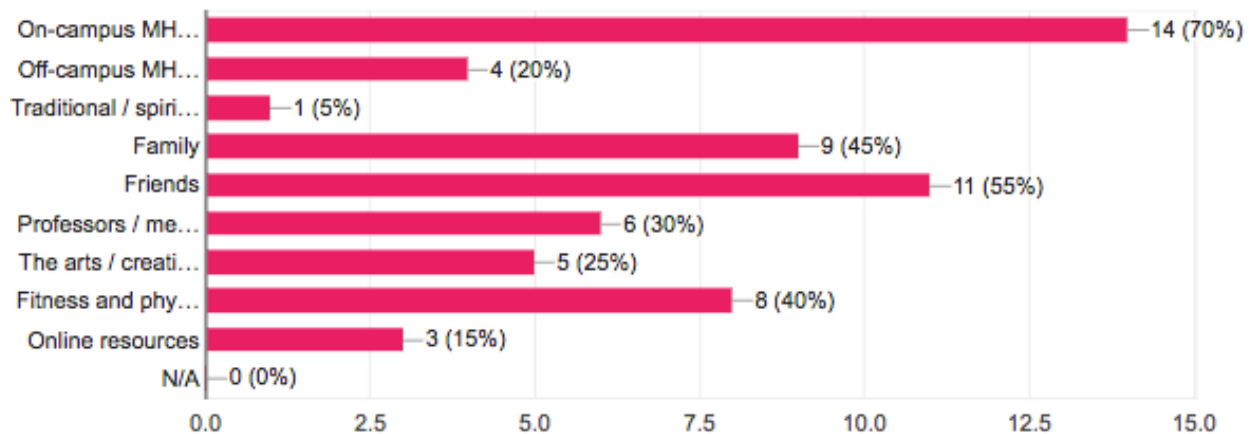
## Referral Source

### How did you hear about this event?

21 responses



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



\* highest – On-campus mental health supports + friends

## What was your main takeaway?

- It's goal; I love the effort put into it. Films were good.
- There are a lot of services available to help me out. I want to volunteer with UW Mates.
- Ask for help, it is common and don't be ashamed
- Arts and mental health is a good combination
- Even if I may not struggle personally with mental well-being, there are ways I can be a peer support to friends who are struggling and get educated
- Tbh my main concern is the idea that mental illness is this big dramatic struggle. Sometimes it isn't. It's a mundane part of life if you've had it for a long time.
- We each have our own individual understanding on mental health / illness / wellness
- Mental health is something we should take care of seriously
- It's okay to get help and there is a lot of help

- More people are affected than people really think
- It's okay to seek out help - you're not alone (2)

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

- A bit overwhelming, but good.
- An event that shows the very basics of mental illness through films and discussion
- An open discussion on mental health
- Comprehensive, resourceful, inclusive, impactful, helpful.
- Creating conversations about mental health and illness, helpful and relatable
- Emotional, powerful, helpful
- Eye opening, or at least a great reminder
- Helpful
- Informative
- Interactive
- It has been very inspiring and emotional.
- Powerful
- Powerful, eye-opening, thought provoking
- This even is an example of how mental illness stigma is reduced, because people share their experiences with struggles, It is also done in a creative way, and the films are intriguing.
- To be honest can't describe it in a few sentences

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

- I'm not sure; I found it to be a really positive experience.
- Instead of a bigger venue, a cosier venue to feel everyone closer
- Less group work. Groups are spooky
- More events like this
- More promotion (2)
- More student speakers, more specific trigger warnings
- Nothing on the top of my head, but perhaps a bit more information on the types of mental illnesses the films show.
- Share the videos online, as well as the Powerpoint slides
- Structure discussion a little more, separate into groups and have every group summarize their discussion.
- Tissues / Kleenex
- Trigger warnings beforehand, discussion of what self care is like

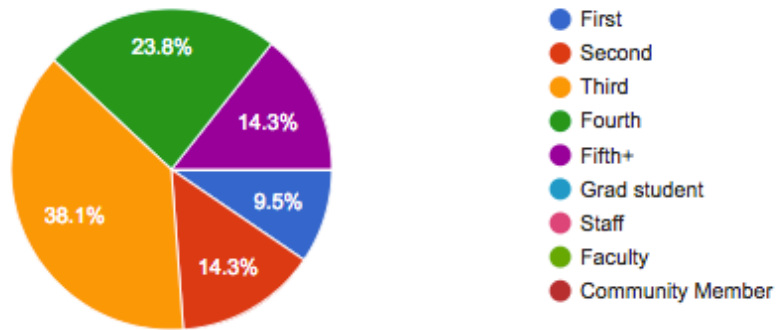
### **Major:**

- Arts (2)
- Arts, Psychology
- Computer engineering
- Electrical Engineer

- English (2)
- Environmental science
- History
- Legal studies
- Math
- Mathematical Physics
- Mechatronics Engineering
- Political Science
- Psych and Science
- Psychology (2)
- Public Health
- Social development studies
- Spanish translation

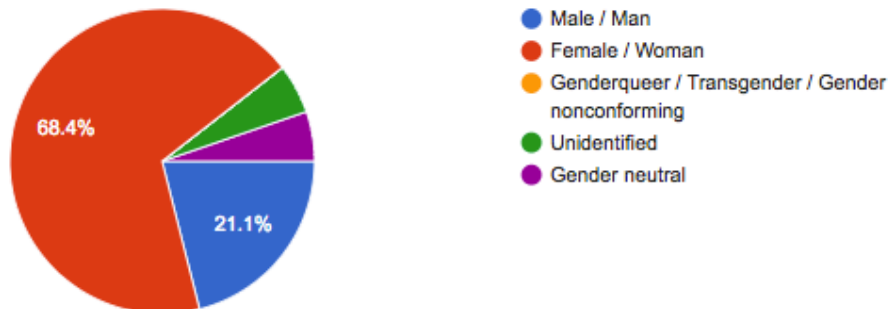
## Year

21 responses



## Sex/Gender

19 responses



**Ethnicity**

Asian / Asian Canadian	Indian / South Asian	Middle Eastern	White / Caucasian	Asian Canadian + Indian/ South Asian	Hispanic / Latinx + White / Caucasian
7	2	2	7	2	1
33.3%	9.5%	9.5%	33.3%	9.5%	2.8%