

Movies for Mental Health

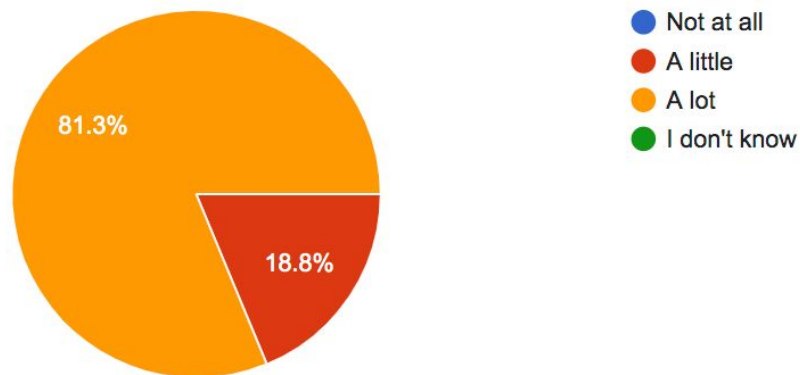
Post-Workshop Evaluations

University of Guelph
November 12, 2019

Number of attendees: 120
Number of evaluations: 64

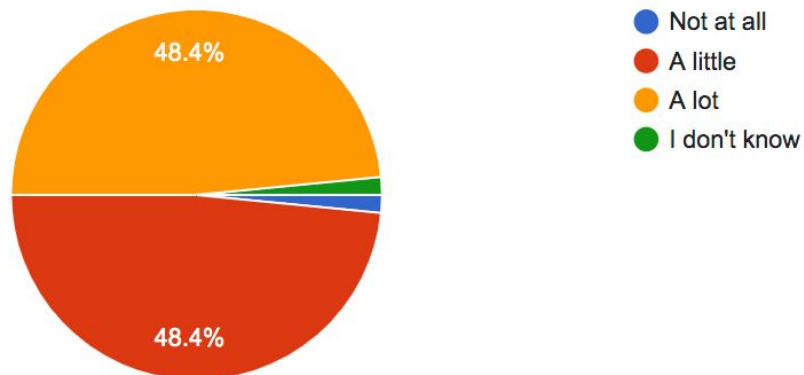
In your opinion, did this event create awareness of mental health issues?

64 responses



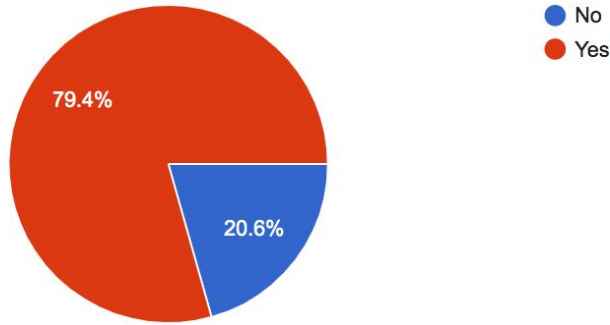
In your opinion, did this event reduce stigma related to mental illness?

64 responses



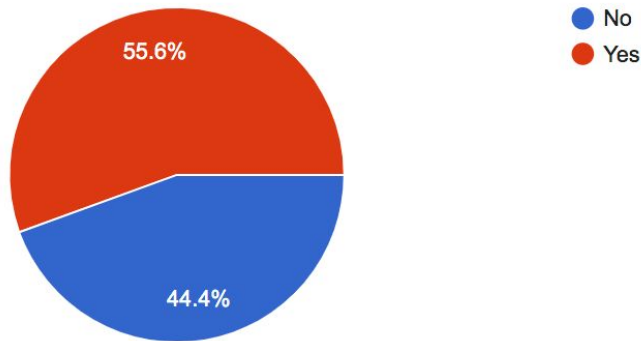
Did you know about your school's counselling services before this event?

63 responses



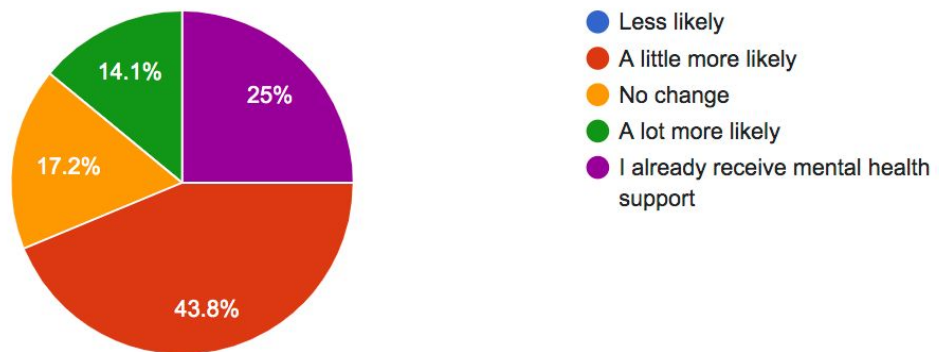
Did you know about the community resources before this event?

63 responses



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

64 responses

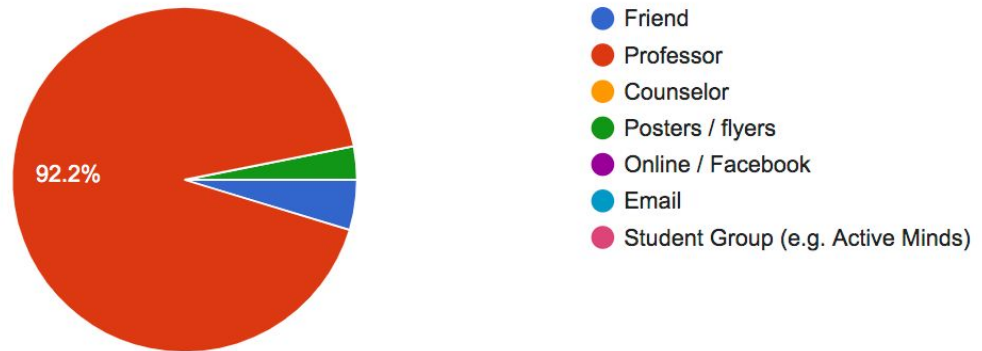


What type of mental health support do you think would be most useful to you?

On-campus MH support	25
Off-campus MH support	18
Traditional / spiritual	4
Family	30
Friends	34
Professors / mentors	6
The arts / creativity	14
Fitness / physical activity	26
Medication	11
Online resources	7

How did you hear about this event?

64 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- A lot more people have had mental illness than I believed
- Art is powerful
- Being aware of others struggles
- Everyone can make something beautiful from their own story
- Everyone experiences mental wellness/illness is a different and specific way
- Everyone has a unique experience
- Everyone has mental health

- Everyone has mental health and don't be afraid to ask for help or guidance
- Everyone is going through something
- Feeling something and doing something is okay
- I should learn about campus resources and use them
- Important to seek help and support
- It is hard to understand another experience until you see it through their eyes
- It is okay to seek help and there are a lot of resources on campus
- Its okay to feel abnormal and get help
- Its okay to not be okay, seeking help takes courage
- Many people experience mental illness
- Mental Health awareness and acceptance
- Mental health can be powerful and accurately depicted through film
- Mental health can be represented in a number of ways
- Mental Health effect everyone and illness can be hidden
- Mental health impacts a lot of people.
- Mental Health is a part of everyone and seems like people are more aware.
- Mental health is different then mental illness
- Mental Health is not Black or white... People are impacted in all different ways
- Mental Health is not what I thought it was
- Mental health is personal for everyone and that there are many ways to get help
- Mental health is something to discuss and mental illness is common
- Mental health is very important and should be treated as such
- Mental Health is very important to take care of yourself and others
- Mental health issues affect a lot of people and its important to reach out for help.
- Mental health shouldn't be an uncomfortable topic and people need to realize this and help themselves
- Mental illness and wellness are under the same umbrella. We all have mental health
- Mental illness is different for everyone. Stigma vs Stereotype
- Mental illness isn't something to be ashamed about, more people have it than you think.
- My main takeaway was that mental health is significant and we should fight stigma
- People are trying to have effective conversations about mental health but still struggle
- Stigma around mental health
- That it is okay to talk about it and gain help
- That mental health is something that a lot of people make assumptions about.
- That mental illness can be seen through different lenses based on different experiences
- There is always some support you can use.
- There is more to mental health then I had thought
- To be conscious at people's experiences and triggers they face.
- To be mindful and aware of others around me
- To not be ashamed of yourself and seek help when you need it.
- We are all in this together
- Workshops are effective for helping with mental health

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

(Highlights: see raw data for full list)

- A chance to better understand the problems Im living with
- A discussion about mental health and its importance.
- A good interactive presentation
- A great way to discuss directions of mental health
- A presentation speaking about mental health awareness through short films

- An educational presentation with creative videos
- An event to watch films about mental health / illness
- An open environment to share and learn
- An open space for learning and not for judgment
- An outlet to spread awareness for mental health issues
- Breaking the stigma, eye-opening, inclusive
- Educational
- Engaging and informational
- Educational and a safe environment to talk about mental health
- Educational, well run and thought provoking
- Emotional, eye-opening
- Empowering, comfortable, welcoming, relatable
- Enlightening and a very safe space to learn and discuss
- Eye opening
- Eye opening to watch the films
- Eye-opening and informative
- Helpful
- I would tell them that it is a good interactive presentation
- Impactful; and overwhelming
- Informational and interesting
- Informative
- Informative and inclusive
- Informative and intense
- Informative event that makes one aware of others suffering
- Insightful
- Intense but eye opening
- Interactive, great vids, good discussions
- Interactive, informative , educating , de-stigmatizing
- Interactive, shows a variety of resources and types of mental illness
- Interactive, talk to someone if you need help.
- Interesting
- Interesting and informative
- It is an awesome workshop on mental health
- It talks about stigma and stereotype of mental illness
- Short films and discussions of mental health
- Very calming
- Very eye opening to a subject I know barely anything about
- Very helpful and descriptive
- Very helpful and interesting
- Very informal
- Very informative and interactive
- Very interesting
- Welcoming and conversational
- Welcoming, understanding and supportive

How might you use what you learned today?

(Highlights: see raw data for full list)

- A really good experience to learn more
- Apply it to myself
- As I approach mental health in the future, I will understand it more.
- Be more considerate
- Become more open
- Being mindful of triggers that may seem "normal" to others
- Being more emotional and sensitive to others
- By sharing with others
- Checking on others and taking care of myself
- Educate and influence others (4)
- For my self for my own knowledge
- Help friends, or family or myself
- How I treat people knowing everyone is going through something
- I can reach out for support in the community
- I might go to a counsellor
- I will be more conscious of other people's feelings
- I will use it to deal with mental health issues in my life
- I will use the info as advice for when I need help.
- I will use the mindfulness and seek support from my peers
- Informing people the difference between stigma and stereotype
- It will help me cope
- Ive left with a greater understanding of mental health which will help me be more mindful how I talk about it.
- Keep up with my peers
- Know how and when to get help if needed
- learned to never assume people are always okay even if they look like it
- Make my peers aware of resources
- Make sure if people talk to me they feel comfortable
- Mindful of stigma and "norms"
- Pass on information to other students and friends
- Reach out to a friend
- Seek more art + media pieces that depict mental health
- Seek on campus services
- Share information with families and friends
- Show compassion and support through understanding not everyone's experiences are the same.
- Talk to others about the content/ films what I learned.
- Tell a friend (2)
- The information I learned today will help me with the understanding of my friends issues.
- To access help and also complete an assignment
- To complete my assignment
- To continue to treat people with respect
- To get help for my own issues
- To help myself and others around me to take care of my/their mental health
- To help others
- To inform other around me and be mindful of others mental health
- To inform others
- Understanding others with mental illness point of view
- Understanding the difference between stigma and stereotype

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

(Highlights: see raw data for full list)

- A lot of time plus I feel my issues are not as important as others
- Acknowledging that everyone struggles and being okay with getting help.
- Availability, efficiency
- Balancing life/ school with my mental health
- Being embarrassed
- Busy schedule
- Being unsure of what exactly I'm feeling
- Can take lots of time to get wellness
- Convenience
- Don't like showing/ sharing my weakness
- Feeling embarrassed
- Feeling I will be judged if I get the help I need.
- Feelings of judgment and not waiting to come to terms with my mental illness
- Felt like another client
- Find resources
- Getting over the stigma
- Having enough me time
- I'm scared of being judged
- Im scared to seek help
- Knowing how to communicate with others to get help.
- Lack of time
- Maybe just putting it off b/c I don't have time.
- My biggest barrier is accepting and actively seeking help for my mental health
- My mental health illness is hard to tell my friends about and is hard to keep up with school work.
- Not always knowing what's available to me
- Not feeling it is valid enough
- Not having much time
- Not wanting to disappoint my parents
- Opening up my schedule
- Overcoming the embarrassment of asking for help
- Personal acceptance
- Reaching out
- Social stigma is my barrier
- Stigma (3)
- Stigma and judgment
- Stigma and not being validated
- Stigma around mental health
- Stigma, fear, embarrassment
- Taking the first step as its never easy to talk to strangers about my emotions.
- The price of therapy
- Thought I didn't need help
- To know my own triggers and how to help
- Unsure if I need it.
- Unsure, maybe I don't realize I'm not okay until its gone.
- Waiting list to see psychiatrists
- Reluctance that anything will work / help me

How can we improve this event in the future?

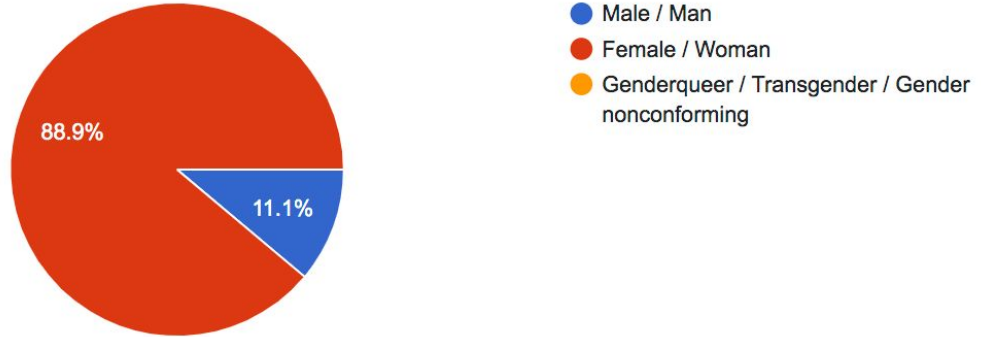
- It was good.
- Incorporate more mental health concepts and inclusivity of all gender's experiences.
- Bigger space and more advertisement
- Have personal experience speakers
- Smaller event, more interactive and easier to communicate with others.
- Send an email out to all Guelph students
- Talk about coping mechanisms (2)
- Maybe a guest speaker sharing personal experience
- It was really interesting
- Group introductions
- Interactive game at the tables. Matching definitions
- It was excellent!
- Allow longer discussion time
- Cut the Pizza, its distracting
- It was good, but more time to talk about the films.
- Don't force people to talk in groups
- I enjoyed the event! I learned a lot and more people showed up than expected which is great!
- More tables
- In depth stories of the struggles people have
- More Movies (3)
- Seating arrangement
- It was great!
- Creating more awareness
- Some more leading questions to help with discussion
- More space
- A little less discussion
- Hands on activities
- Promote more
- Audio hurt my ears
- More connection between students
- Bigger space and more speakers
- Coping skills
- Advertise more outside of classes
- It went really well!

Major

Major	
Psychology	61
Bio Science	1
English	1
Studio Art	1
Undetermined	1

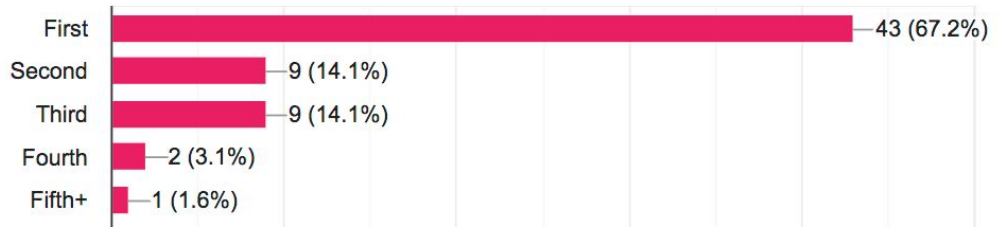
Gender Identity

63 responses



Year

64 responses



Race / Ethnicity		
Asian / Asian-Canadian	9	14%
Black / African / African-Canadian	4	6%
Hispanic / Latinx	3	5%
Indian / South Asian	7	11%
White / Caucasian	43	67%
Other	2	4%