

Movies for Mental Health (Online)

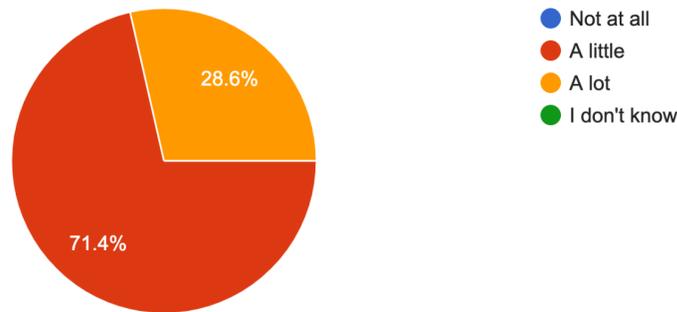
Post-Workshop Evaluations

University of Guelph
March 29, 2022

Approximate maximum attendance: 14
Number of evaluations: 7

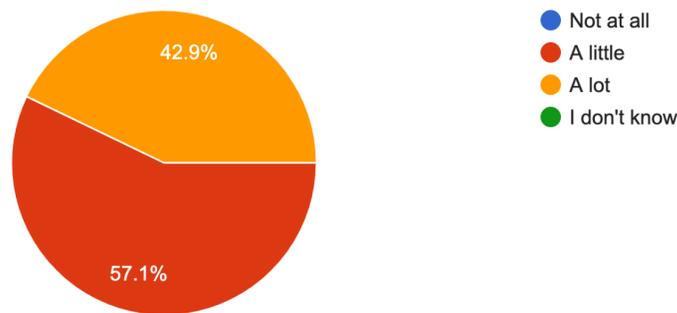
In your opinion, did this workshop increase your awareness of mental health issues?

7 responses



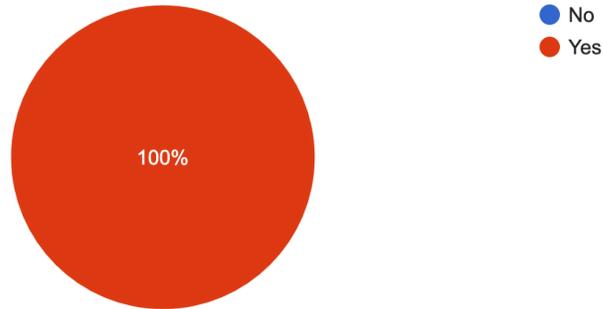
In your opinion, did this workshop help you confront and address stigma related to mental illness?

7 responses



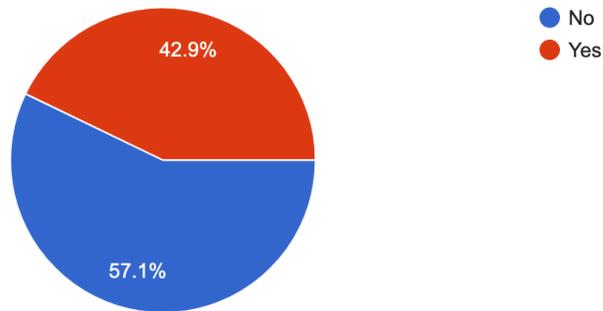
Did you know about your school's counseling services before this event?

7 responses



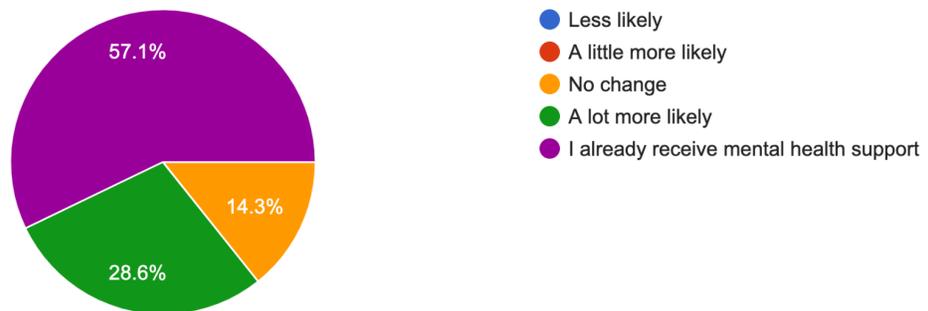
Did you know about the community resources before this event?

7 responses



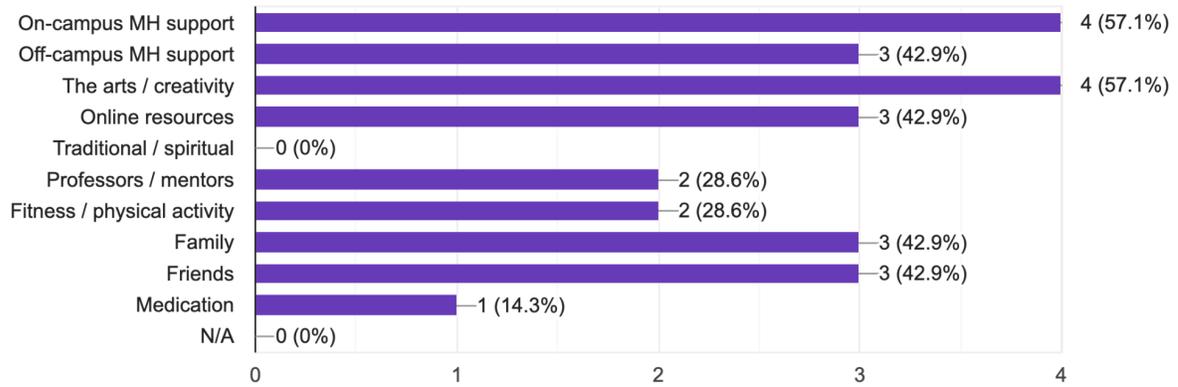
After this event, are you more or less likely to seek support for your mental health?

7 responses



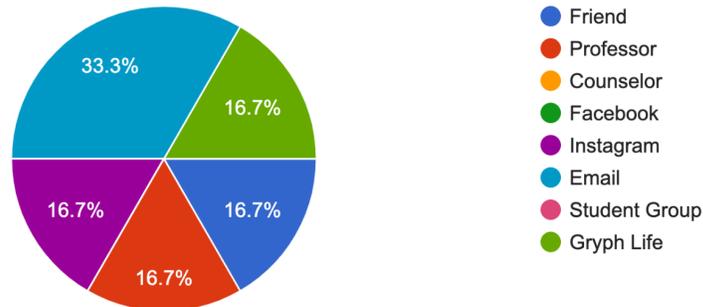
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

6 responses



What was your main takeaway?

- There are many resources, and people to talk to right in the University community.
- That there are so many people just at the start of their mental health journey and I'm lucky to have mentors that reflect my experiences.
- Art can be a great way to share mental health stories and resources
- The intersectionality of mental health issues
- The messages conveyed through the movie clips and the stories from one of the amazing panelists

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- insightful
- The workshop featured some short films about mental health, and discussions around those movies. My favourite featured a goalie struggling with performance anxiety with the LA Kings in the 1990s.
- An open reflective movie discussion
- A comfortable and welcoming space to learn about mental health
- Calming and informative
- Welcoming and relaxing platform to discuss mental health issues!

How might you use what you learned today?

- Reaching out to Rebecca Skelhorn for example, about programs they are a part of as a step toward growing out of my comfort zone.
- Look for more resources and opportunities
- To analyze portrayals of mental health/illness in popular media
- To inform others about stigma and how it hurts those seeking mental health
- sharing and engaging with different forms of mental health advocacy and community building
- I would reflect on the takeaways and make sure I do not take my mental health for granted anymore (I think I did until today!)

What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)

- Knowing what is available, and fitting it into my schedules regularly. Additionally, working through any social anxiety barriers that often come up.
- Stigma finance and trauma
- Time pressures as a student and anxiety surrounding getting support
- Stigma and lack of information on what is available
- I guess being judged and not being heard are the biggest impediments that keep me from seeking mental health support

How can we improve this event in the future?

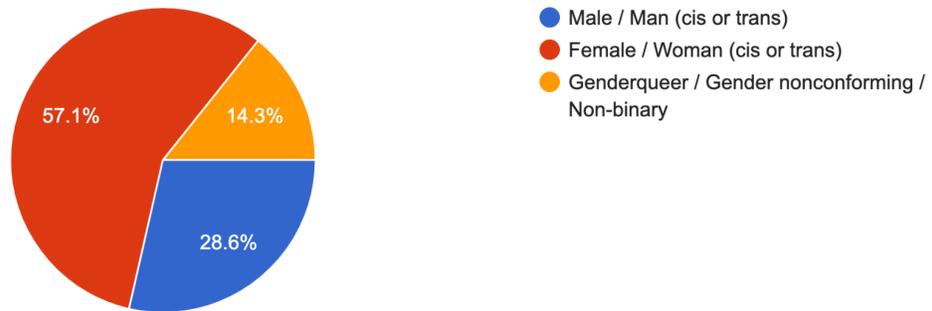
- Show a few more short films to get more perspectives/diversity in topics
- Starting a little later - around 8pm due to evening or afternoon classes interfering.
- I think it was really good I just wish there was more discussion time
- Maybe shorter?
- More interaction with others who attended the event.
- I would prefer circulating such events more widely so that more people become engaged!

Major

- neuro + psych
- Psychology
- Studio art
- French, Biology, History
- Marine Biology
- Public Health
- Public Issues Anthropology

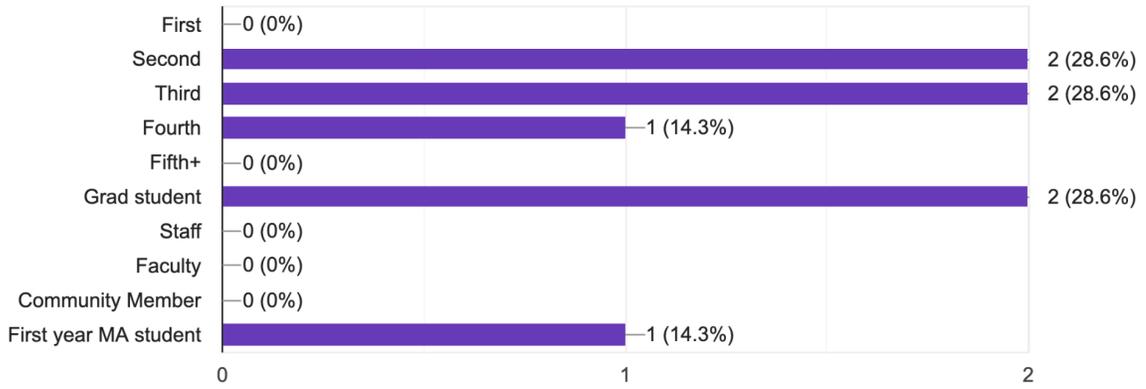
Gender Identity

7 responses



Year

7 responses



Ethnicity

7 responses

