

# Movies for Mental Health (Online)

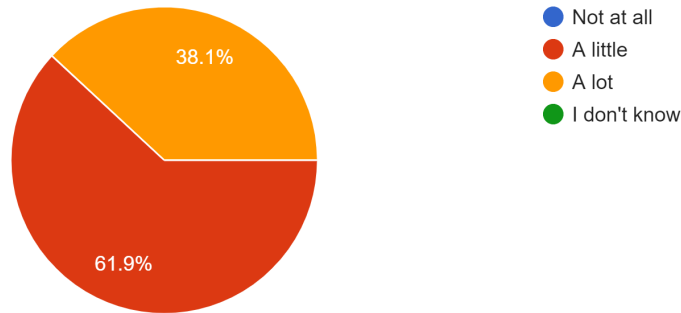
## Post-Workshop Evaluations

University of Manitoba  
March 22 2021

Number of attendees: 41  
Number of evaluations: 23

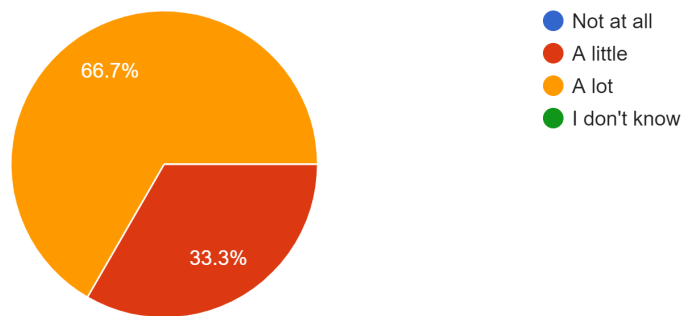
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



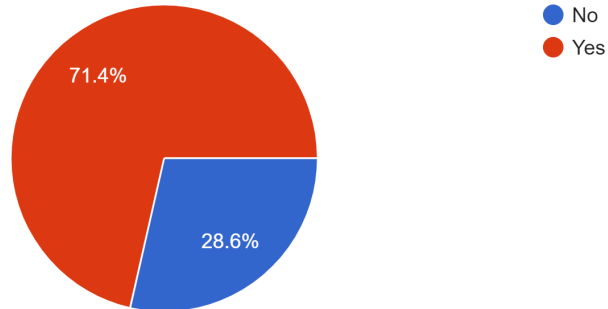
In your opinion, did this workshop help you confront and address stigma related to mental illness?

21 responses



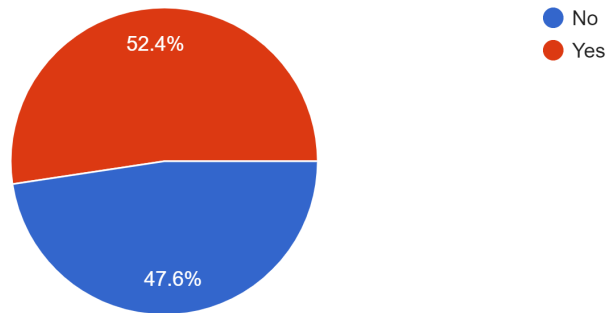
Did you know about your school's counseling services before this event?

21 responses



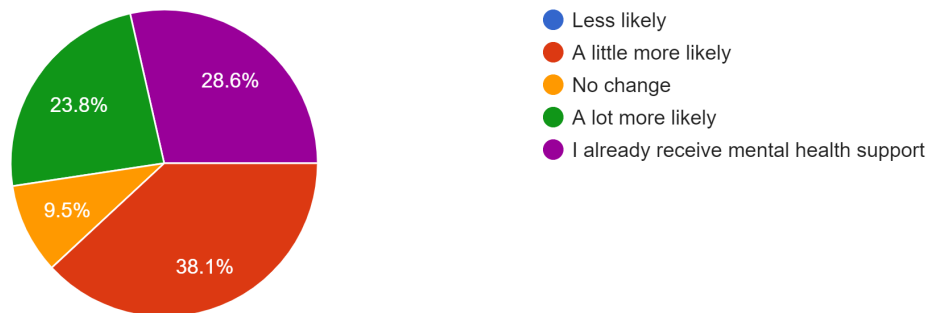
Did you know about the community resources before this event?

21 responses



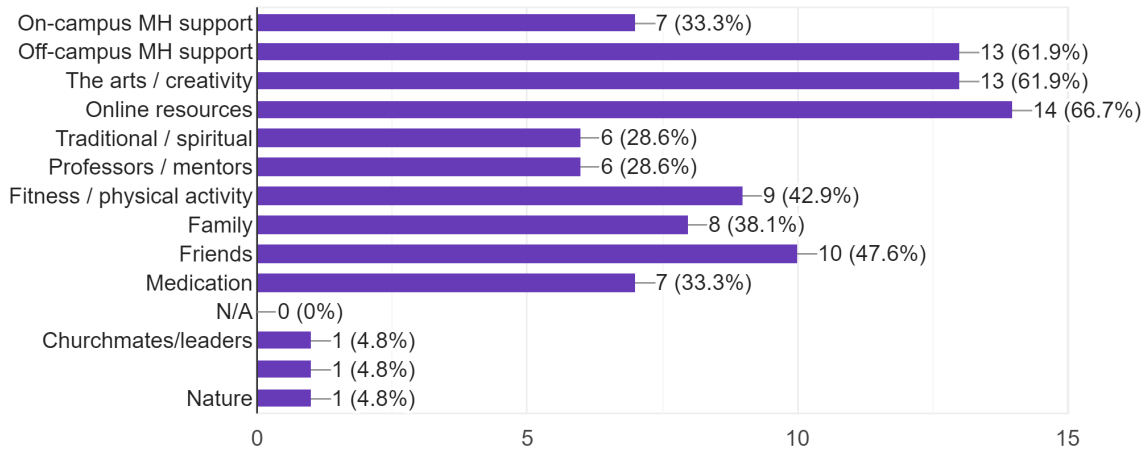
After this event, are you more or less likely to seek support for your mental health?

21 responses



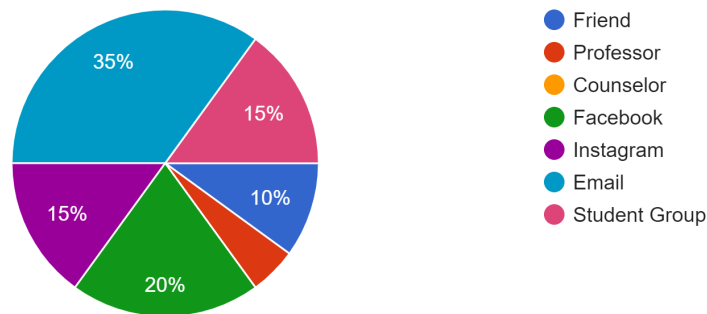
### What type of mental health support do you think would be most useful to you?

21 responses



### How did you hear about this event?

20 responses



### What was your main takeaway?

(Highlights: see raw data for full list)

- That everyone is going through something and that you are never alone and support is there for you when you are ready to take that next step!
- A lot more people, genuine and helpful people, seem to care and provide for others with mental illness. That took a huge load off my chest because I am now a bit more inclined to ask for help.
- My main takeaway was that we were never alone in this journey. We all have each other. Also, there are A LOT of resources/organizations ready to help.
- The breathing exercises; and how art/movies can provide excellent education about reality of those experience mental illness

- I appreciated the BIPOC people that were shown and some of the statistics related, particularly the Asian-American one
- Everyone is struggling. It's okay to not be okay.
- There are many people who will listen and take you seriously
- the resources and personal story of Camryn
- There's help out there.
- Camryn mentioned Anxiety & not wanting to leave comfort of home, yet feeling isolated/lonely too.
- That it is okay to acknowledge feelings related to mental health
- We all have mental health, and when we open up the conversation we can connect with and support each other.

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

(Highlights: see raw data for full list)

- AMAZING! extremely well done! it was a safe, supportive and educational event ! learnt so much from this!
- a safe space to express myself and not feel judged for how I am feeling
- A must-attend-workshop! Really worth my time!!
- An open conversation to connect with others and learn more about resources available in the community and on campus.
- A very good overview of mental health, stories and support
- An introduction to mental health issues, the prejudices people face, and the resources available.
- Helpful information about the mental health issues we all deal with.
- Educational, supportive environment and good resources
- interesting movies! calming host and nice breaks for breathing
- It was a safe place of understanding and acceptance
- Informative, Interactive
- Relatable, insightful, and informational.

### How might you use what you learned today?

(Highlights: see raw data for full list)

- When I feel really unstable and alone, I will use the exercises from tonight and remember how many other people are also going through this.
- I would apply it more to myself, and taking more control of my mental wellness and to acknowledge when I need to prioritize it
- I will use what I learned today to be a better advocate for mental health and helping to erase the stigma! also by being better able to support my loved ones who are struggling
- Dedicate more time to my mental health being
- To not just keep it on my own - to spread this mental health awareness to the people around me.
- Start more conversations and connect more with others
- check in on myself more
- Listening more and be patient
- good resources to share with my students
- I would like to show others some of these videos for conversation
- Helps me breathe into my experience.
- Think more about it and share with it a trusted friend.
- might do the deep breathing when anxious ! found it quite nice today
- Will be encouraged to join future mental health related events

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

(Highlights: see raw data for full list)

- Family/culture/what society would think (although people are more accepting, they still give you an odd stare when you talk about getting help)
- Being seen as strong and resilient when I don't feel like that.
- being vulnerable to people, it's hard to ask for help sometimes
- Shame , anxiety about making change in behaviour or how to make that change
- I am scared to be vulnerable, to show my emotions and weakens, and hurt my family and friends by my struggles
- Fear of being rejected or penalized.
- Barrier between my story and why people want to hear it.
- probably the stigma and how others will view me, but i have now learnt that it is 100% okay!
- financial (for therapy); stigma from professors
- ego/denial
- Stigma
- The condition itself.
- Financial
- Fear.

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

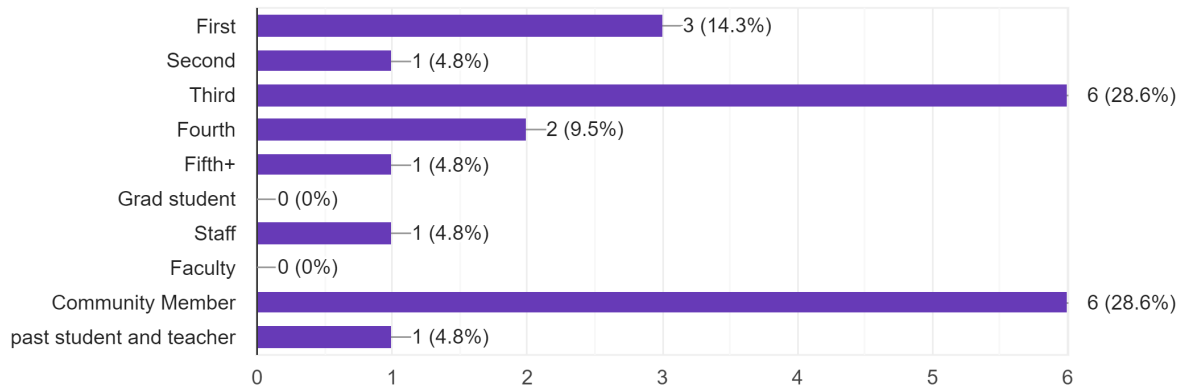
(Highlights: see raw data for full list)

- perhaps have the option to ask questions ahead of time! I really liked Camryn's talk.
- It was a lot and presented too quickly for me.
- Great format-thank you
- Nothing-I liked all the opportunity to share and the breadth of learning
- More links related to the current film playing, given right after each film.
- I really liked how the event was formatted and organized, I don't think anything needs to be changed! Beth carried and hosted the event very well.
- It was a great event
- I think everything planned was great!!!
- Was excellent. Maybe more info about this particular platform.
- Earlier time
- It is actually good enough for me. THANK YOU SO MUCH FOR THIS OPPORTUNITY!!! I am looking forward to attend more of these.
- More interactivity (I know it's difficult)
- Maybe have a few games to be more interactive with us. (Ex. Backyard, pictionary, other online games)
- Arrange it on zoom so that we don't face any technical issues and participate smoothly

| Major   |          |
|---|----------|
| Genetics  | 3        |
| Computer Science  | 2        |
| Psychology / Engineering / Accounting / Biological Sciences / Geology / Education / Science | (1 each) |

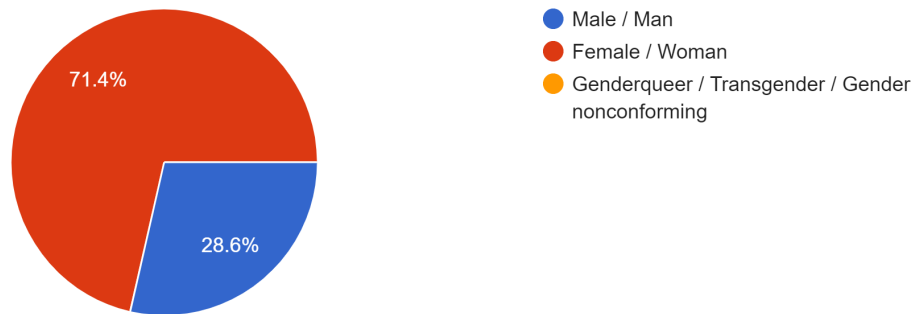
Year

21 responses



Gender Identity

21 responses



| Race / Ethnicity     |   |     |
|----------------------|---|-----|
| Asian/Asian Canadian | 4 | 19% |

|   |           |            |
|---|-----------|------------|
| Black/African/African Canadian            | <b>1</b>  | <b>5%</b>  |
| Indian/South Asian                        | <b>2</b>  | <b>10%</b> |
| Middle Eastern                            | <b>1</b>  | <b>5%</b>  |
| Indigenous / First Nations /Métis / Inuit | <b>1</b>  | <b>5%</b>  |
| White/Caucasian                           | <b>11</b> | <b>52%</b> |
| Hispanic/Latinx                           | <b>1</b>  | <b>5%</b>  |
| Pacific Islander                          | <b>1</b>  | <b>5%</b>  |
| Multiracial                               | <b>2</b>  | <b>10%</b> |