

Movies for Mental Health

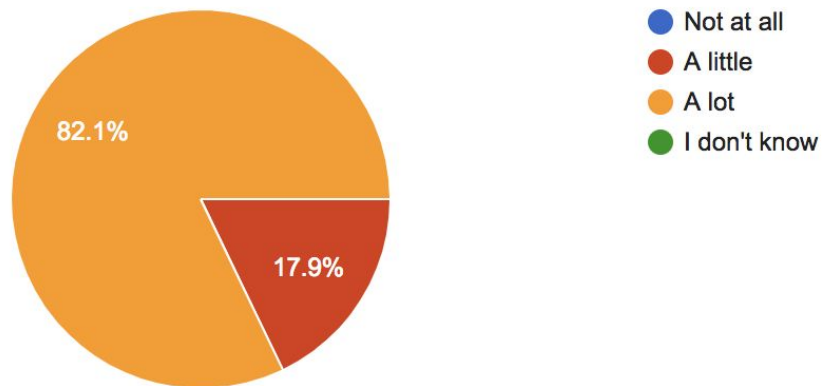
Post-Workshop Evaluations

Vancouver Island University
March 13, 2019

Number of attendees: 46
Number of evaluations: 28

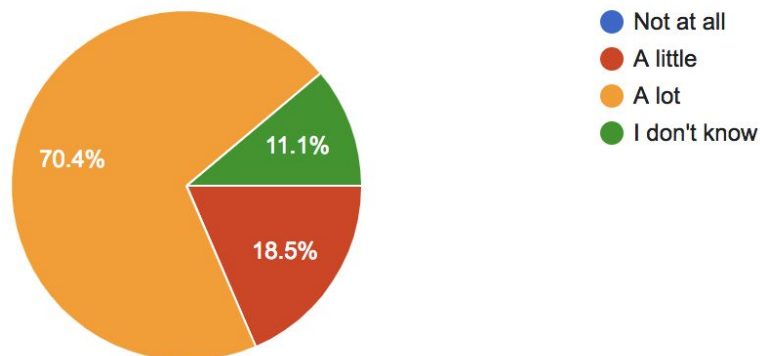
In your opinion, did this event create awareness of mental health issues?

28 responses



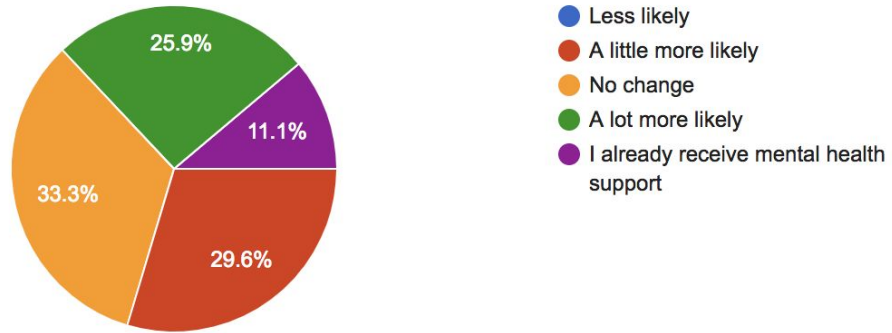
In your opinion, did this event reduce stigma related to mental illness?

27 responses



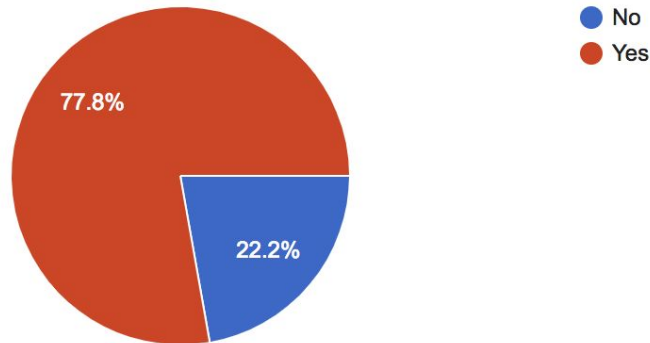
After this event, are you more or less likely to seek support for your mental health?

27 responses



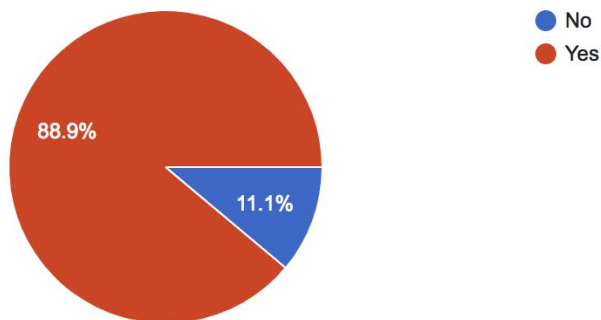
Did you know about community resources before this event?

27 responses



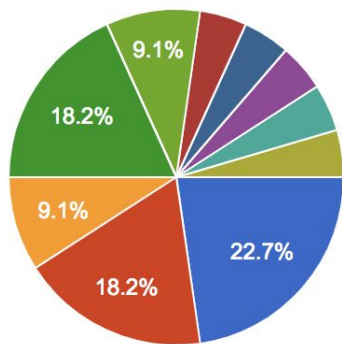
Did you know about your school's counselling services before this event?

27 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	19
Off-campus MH support	7
Traditional / spiritual	5
Family	12
Friends	17
Professors / mentors	13
The arts / creativity	14
Fitness / physical activity	11
Online resources	6

How did you hear about this event?	
Friend	22.7%
Professor / class	18.2%
Posters / flyers	18.2%
Counsellor	9%
Pizza	9%
Instagram, Deb Roe, Sharon Kelly, Word of Mouth, Madi	4.5% each



What was your main takeaway?
(Highlights: see raw data for full list)

- Everyone has issues that are not always visible
- Free food before discussing heavy, sensitive stuff to elevate mood talking internal personal stuff decreases anxiety
- How mental health affects everyone
- I am more aware of the variety of mental health
- Leaving about positive living
- Less talk about this issue and seek resolution and connection
- Lots of good conversation with others with a common view
- Mental health is important
- Never stop talking and exploring this topic
- People care
- Resources I can be a part of
- Talk about and be more aware of student and depression
- Talk about what scares you
- Talking about mental health
- Talking about mental health is always the first step
- There is support out there
- To me more open with discussions
- We all experience mental health, wellness and illness on a continuum

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

- A good experience
- A mental health workshop
- Comfortable to attend considering some heavy topics covered
- comfortable, open environment, healthy conversation
- Conversational, healing
- Emotional, but important to have conversations about these topics
- Engaging
- Eye opening
- Eye opening and a safe space
- Helpful and a learning experience
- Informative, friendly
- Informative, safe
- Informative, supporting
- Inspiring
- Inspiring and helpful
- Safe, supportive, shows/brings awareness
- Taking part in community can help
- Thought provoking, open minded
- Valuable to have these questions, answers, discussion
- Very good and transforming
- Very informative
- Wonderful, authentic support

How might you use what you learned today?

(Highlights: see raw data for full list)

- As a nursing student in my clinical practice
- Be more open about my own experience
- Communicate more
- Compassion for those who disclose
- Helping others seek support, supporting others and myself
- Hopefully to join certain groups and spread awareness of them
- In helping friends, peers if needed
- In identifying mental health as a broad pathology and being more aware
- In my daily life to practice self care
- Passing on resources
- Pay attention for suicide and depression symptoms
- Practice the methods
- Recommend student services
- Talking with others
- That perhaps a support group of mental health for students might be useful
- To help close friends that I see struggling with mental health
- Volunteer

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

(Highlights: see raw data for full list)

- Breaking the stigma
- Definitely stigma / not wanting to appear weak
- Doctors dismissing it "subjective"
- Ease of access
- Fear
- Fear of seeking it. Not feeling my problems are valid
- Feeling that I am alone
- Know that everyone can have a problem
- Mental health support, resources
- Myself
- Not having enough support, people aren't in the same level as me
- Not having people to talk to that understand or can show empathy to your story
- Not knowing what state of issues I have
- Stigma
- Stigma and communications barriers
- Stigma, time
- Stigma, trauma

How can we improve this event in the future?

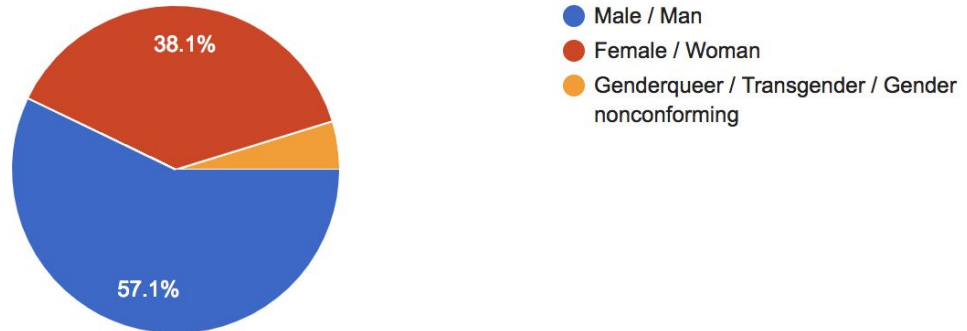
- Advertise
- Have it outdoors

- Hawaiian pizza
- It was a really good event
- Make it shorter
- More ads, more people, more time
- More advertising
- More marketing and awareness of the actual event. Get more people involved
- More movies! (2)
- More videos :)
- No pop cans!
- Spreading awareness of it
- Tell classes, programs

Major	
Arts	1
BSN	1
Digital Media	1
Education	1
Forestry	1
LPN	1
MBA	3
Nursing	3
Psychology	3
Sociology	1
Tourism	5

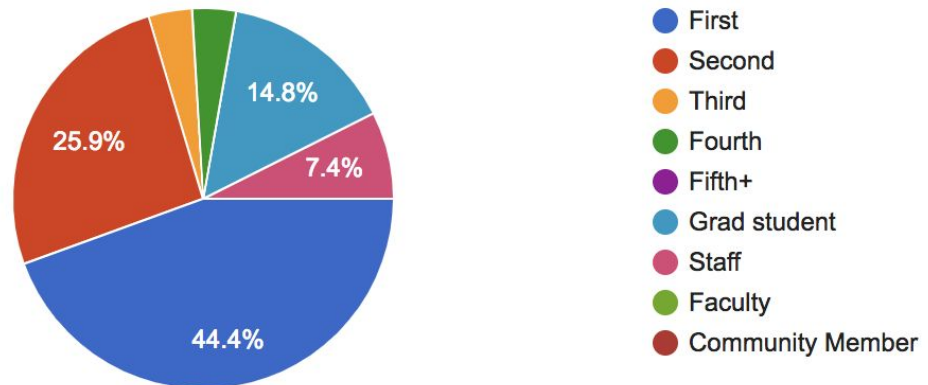
Gender Identity

21 responses



Year

27 responses



Race / Ethnicity		
Asian / Asian-Canadian	4	17.4%
Black / African / African-Canadian	1	4.3%
Hispanic / Latinx	1	4.3%
Indian / South Asian	3	13%
Indigenous / Aboriginal / First Nations	1	4.3%
White / Caucasian	13	56.5%