

Movies for Mental Health (Online)

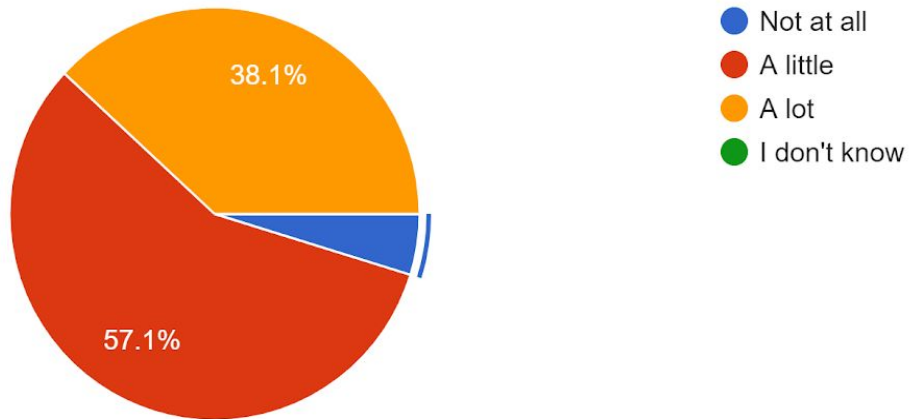
Post-Workshop Evaluations

Vancouver Island University
October 21, 2020

Number of attendees: 93
Number of evaluations: 21

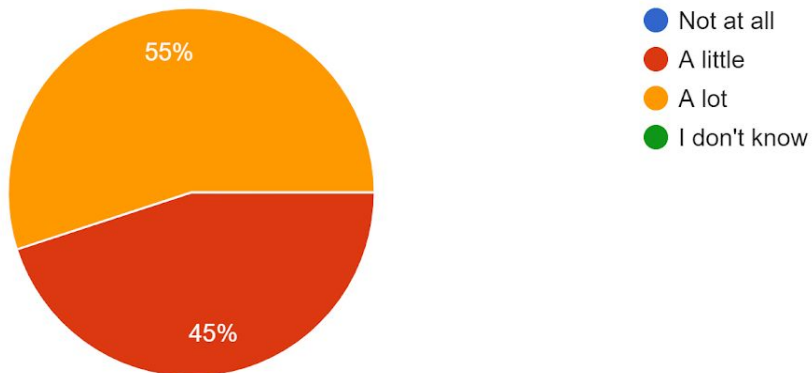
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



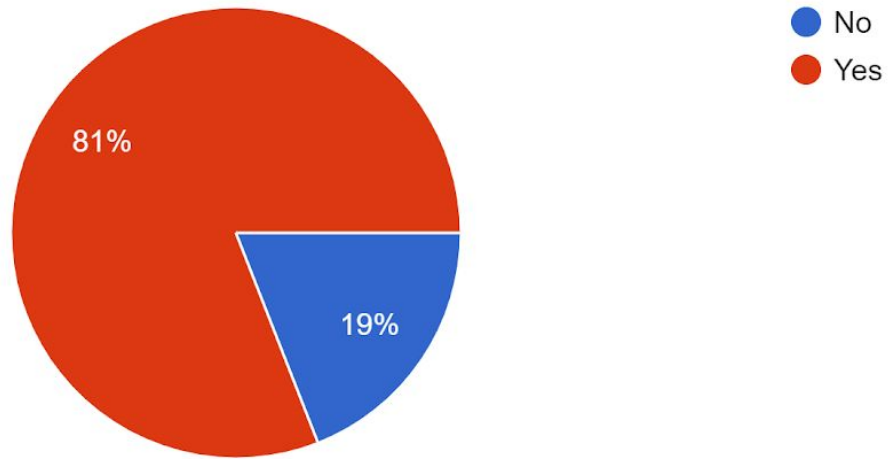
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



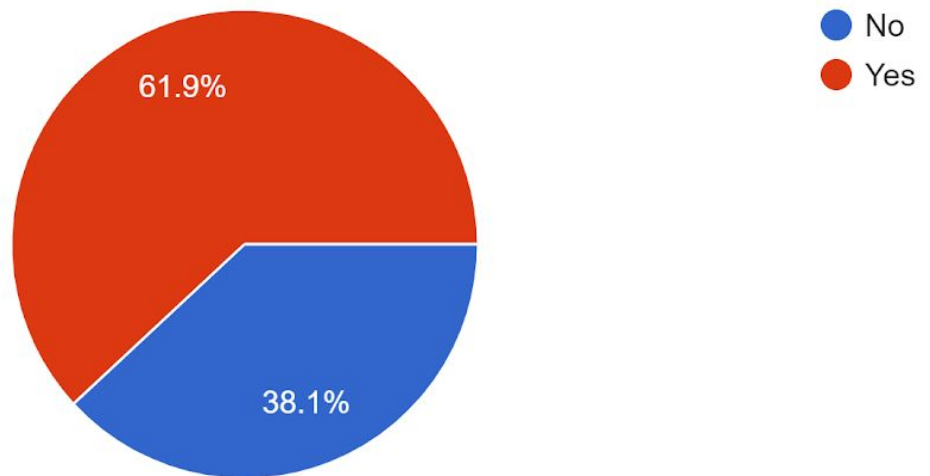
Did you know about your school's counseling services before this event?

21 responses



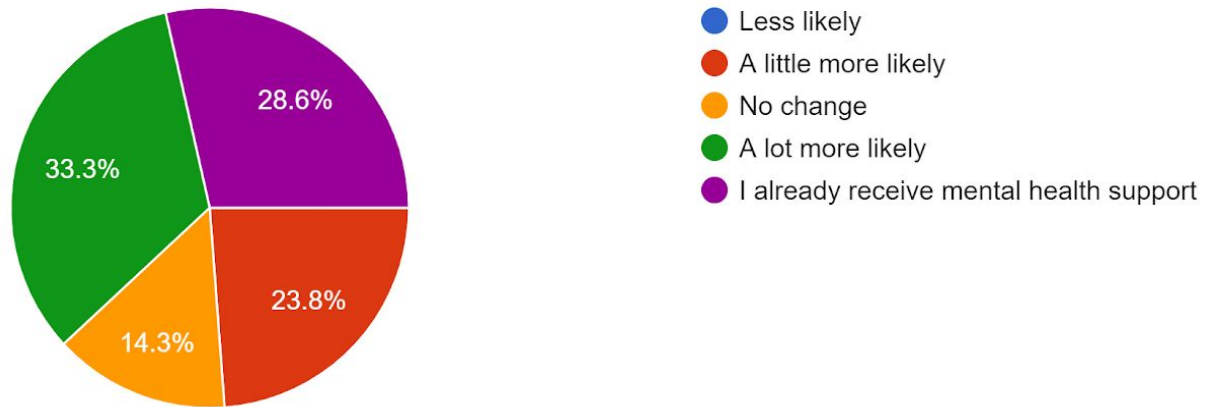
Did you know about the community resources before this event?

21 responses



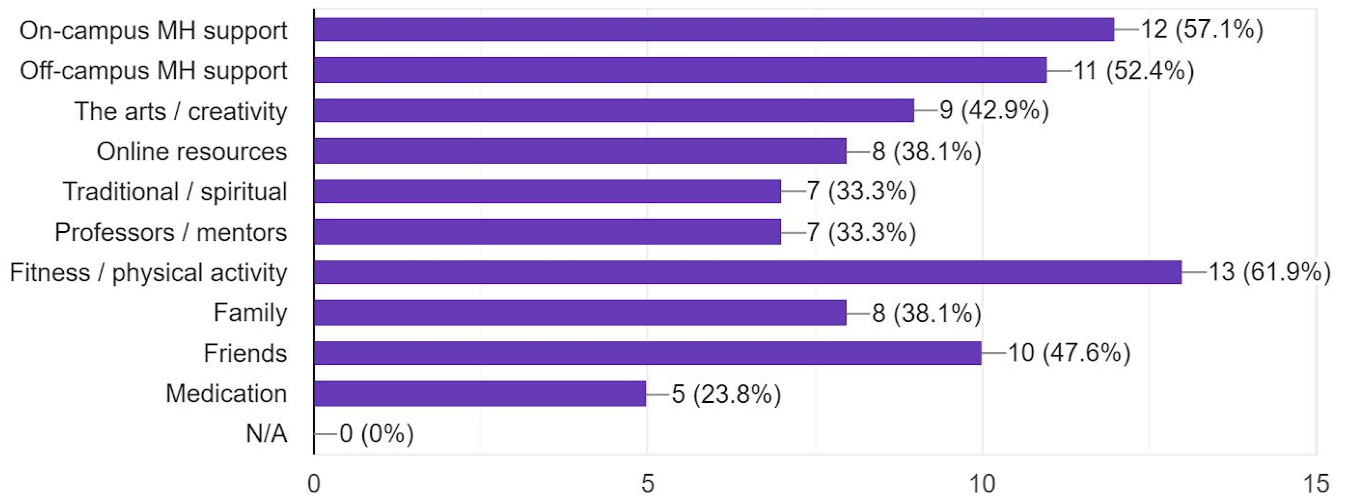
After this event, are you more or less likely to seek support for your mental health?

21 responses



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

21 responses



How did you hear about the event?		
Professor	15	71.4%
Friend	2	9.5%
Facebook	2	9.5%
Counsellor	1	4.8%
Email	1	4.8%

What was your main takeaway?

- It is vital to take care of all health, but especially mental health.
- I will ask for help now.
- The powerful videos and kindness spread throughout.
- The impact left on me by the films shared.
- VIU offers counselling support to students <3
- That you can have an open dialogue about mental illness
- That VIU is very supportive when it comes to mental health
- A large student and teacher body of those willing to help are present on campus :)
- hearing people's stories is always so moving and inspiring to deepen my resolve and deepen my way of supporting others
- I loved the MH shared experiences during the viewing
- The hard work everyone is doing to bring Mental Health into public awareness and creating resources to help.
- People are caring and have shared experiences
- To not ignore feelings of needing to seek help
- Mental health incorporates both illness AND wellness -- being proactive and not just reactive.
- Be even more sensitive to other people's struggles
- Reminder that there are resources of us to access
- Connection helps
- Resources
- Emotional intelligence is foundational to understanding mental health

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

- A session that normalizes these topics that are hard to talk about
- AMAZING
- Awesome! I would attend again.
- Emotional, but a little cheesy
- Engaging and thoughtful
- Excellent workshop and it should be mandatory for every first year student should
- film resources
- gentle and invitational
- Great videos & sharing. Authentic discussion
- Inclusive and like a fabulous MH hug :)
- Informative and nourishing
- Informative in regards to services
- Inspirational
- inspiring
- inspiring, informative, regenerative
- It was a good overview for issues related to MH
- Powerful, thought-provoking, emotional.
- Totally worth it.
- Very informative and helpful

How might you use what you learned today?

- To remind myself that I am not alone and am not as different as I feel
- The available services.
- Consider my own mental health carrying forward.
- More likely to use campus resources
- Reach out to those in need.
- When talking with students
- for nieces and nephews
- Share the videos with friends
- Remember to breath!
- I really appreciated the level of involvement being completely optional and individual. SO important.
- Informs my CAP project in VIUs Post-Bacc teaching program
- I might call for help when I need to help someone else - I didn't realize this was available.
- To seek help.
- take more time for my self care before helping others
- Look at bringing in a MH video for a classroom discussion
- In my personal life and in my teaching practice.
- Maybe help my own MH by doing my hobbies that release stress
- Apply it to myself and not just others

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

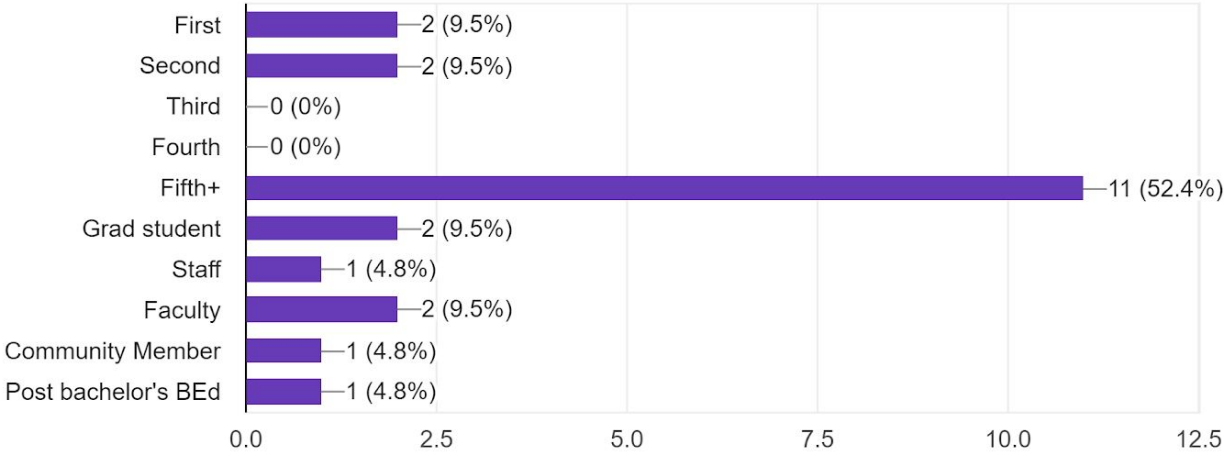
- by the time I realize I need help, i'm not in a place to take care of myself anymore.
- Chronic fatigue
- cost of access
- covid & being online so much.
- Denial, feeling it will be okay and heal with time
- Feeling like I'm not burdening anyone
- Feeling weak and alone..
- i can't afford the amount of support i need, last year at VIU, it was only possible to have free counselling once per month which is understandable given it's free but it wasn't enough. so i have sessions with a private therapist from time to time
- I'm afraid of mentally breaking down in front of someone.
- Making time to acknowledge how my MH wellness is
- Overthinking
- Stigma for sure
- Stigma/ stubbornness/ fear.
- telling myself i don't have the time
- That first step to getting counseling. I think about it a lot but I can't seem to take that first step to making an appointment
- The stigma
- Time
- Used to have some but most have disappeared.

How can we improve this event in the future?

- Change it to zoom so we can have break out rooms to discuss.
- Improve technological use/training
- this was lovely!
- I appreciated the interactive polls
- talking more about the topics being dealt with in the videos
- Nothing! Keep up the incredible work.
- it was well balanced and it was great to have panelist at the end
- more movies!
- Nothing, it was very well done :)
- extend to friends/family, who are not VIU students
- Keep it up!
- I really enjoyed the entire thing. The body breaks were fabulous as well. I enjoyed it all.
- It was perfect, thank you! All of the panelists were incredible (Evan was wonderfully vulnerable and honest) and Rebecca did an incredible job facilitating. She has such a beautiful, accepting energy.
- I thought it was very well done!
- Make sure that the tech works
- Thought you did an excellent job in this ZOOM world.
- Think it was great. Technical glitches happen.

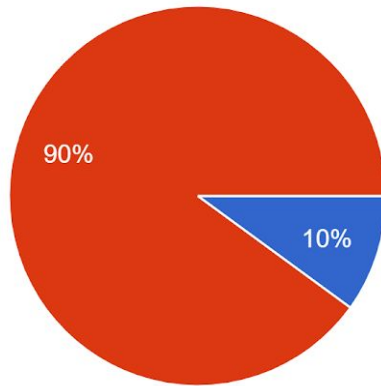
Major	
Education	8
Post-Bacc. Education	2
Forestry	3
Anthropology	1

Year
21 responses



Gender Identity

20 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American	1	4.8%
Black / African / African-American	-	-
Hispanic / Latinx	2	9.5%
Indian / South Asian	1	4.8%
Middle Eastern	-	-
Native American / First Nations	2	9.5%
Pacific Islander	-	-
White / Caucasian	16	76.2%
Multiracial	-	-
Other	-	-