

# Movies for Mental Health

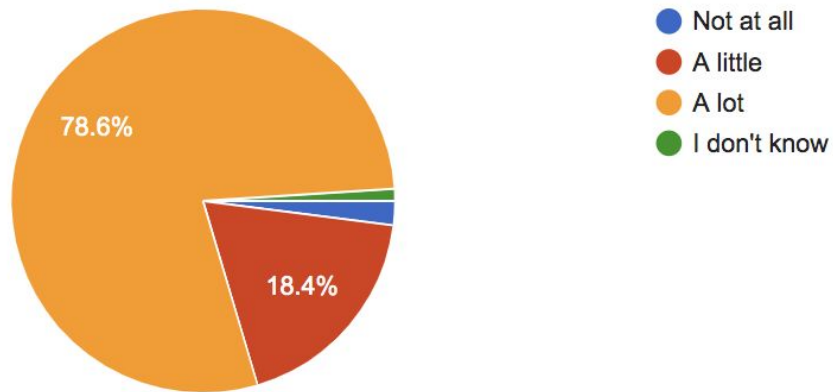
## Post-Workshop Evaluations

Vancouver Island University  
September 19, 2019

Number of attendees: 208  
Number of evaluations: 99

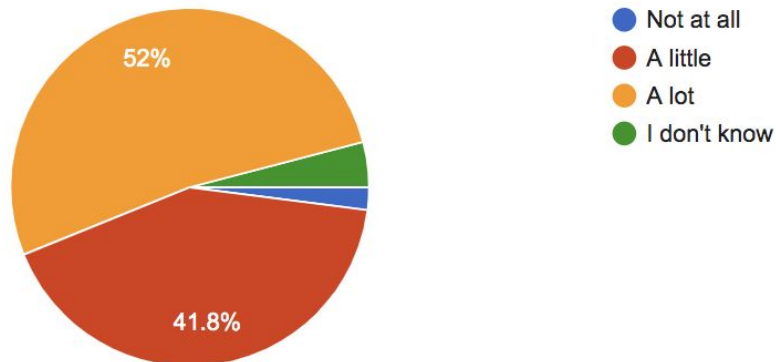
In your opinion, did this event create awareness of mental health issues?

98 responses



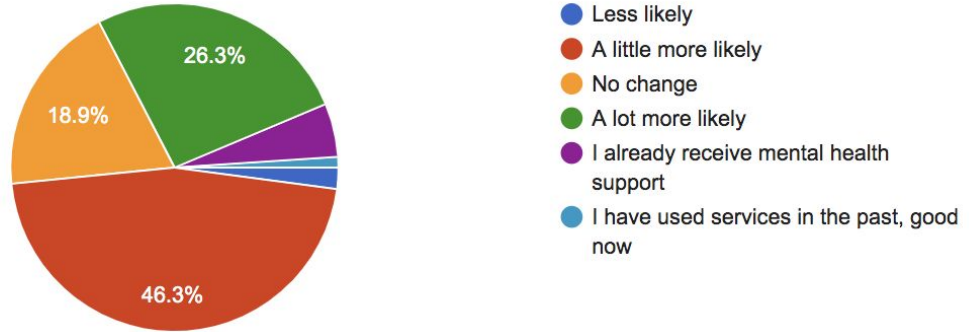
In your opinion, did this event reduce stigma related to mental illness?

98 responses



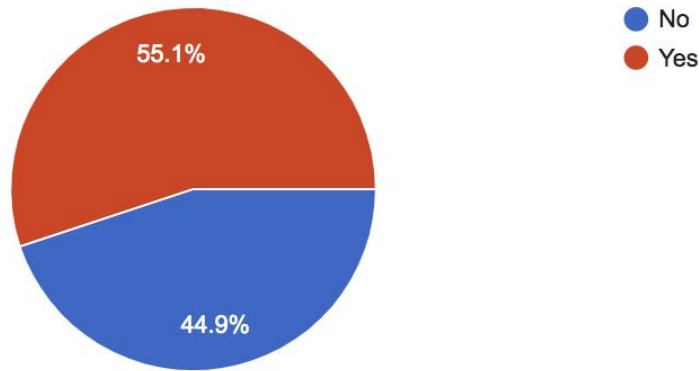
### After this event, are you more or less likely to seek support for your mental health?

95 responses



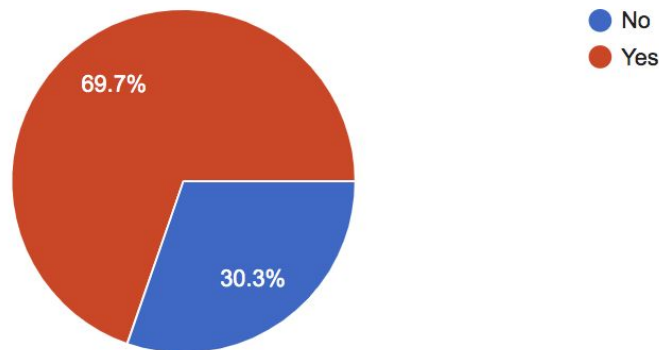
### Did you know about the community resources before this event?

98 responses



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

99 responses



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

On-campus MH support	<b>35</b>
Off-campus MH support	<b>17</b>
Traditional / spiritual	<b>11</b>
Family	<b>47</b>
Friends	<b>57</b>
Professors / mentors	<b>11</b>
The arts / creativity	<b>10</b>
Fitness / physical activity	<b>57</b>
Online resources	<b>8</b>
Medication	<b>12</b>
Mindfulness	<b>1</b>
Outdoors	<b>1</b>

How did you hear about this event?

Friend	<b>3.3%</b>
Professor / class	<b>82.4%</b>
Email	<b>3.3%</b>
Posters / flyers	<b>2.2%</b>
Online - Facebook, NFLA, Instagram, Colleague, Education + Posters, On-campus	<b>1% each</b>

What was your main takeaway?

(Highlights: see raw data for full list)

- You are not alone (4)
- Talking about it is the key
- The middle video made me realize I am crarying a lot of emotion related to that topic (suicide, grief)

- Don't shy away from help and don't feel like you always have to be a problem solver
- The opportunity of submitting films
- Get help early on, I don't have to deal with issues along
- Lots of people are struggling with depression
- MH is stigmatized which dissuades people from reaching out
- There are a lot more conversations to be had
- Depression is intermittent in some people and there is help available no matter how small you think your problems are
- I'm not the only one out there that suffers through what I do
- There is so much help on campus
- There is help available (3)
- You're not a burden
- Media can send / express such a powerful message - beyond words alone
- Preventative mental health care is best
- Crisis line for any size problem
- Very refreshed
- No one is alone in their struggles
- Understanding my feelings / problems are as valid as others
- Open up more about feelings / struggles
- To be conscious of everyone's struggles
- There's help out there. My problem isn't too small / insignificant
- Creating space to allow someone up to open up and feel safe
- Everyone's feelings aren't always visible
- Don't be afraid of seeking help (3)
- It is ok to reach out and ask for help
- VIU's willingness to support
- It is okay to not be okay (2)
- Lots of resources for support, don't feel alone
- Mental health is important and there are ways to help
- You don't have to be 'severe' or in crisis to seek help
- Knowledge about the steps to take care of mental health
- To get help even if you don't feel that your feelings are 'urgent' or 'severe'
- We are all human and we are not alone in our struggles. Everyone experiences effects of mental illness differently
- Look after yourself and seek help (2)
- Mental health is a spectrum that we are all working on
- What you see depends on where you're standing

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

(Highlights: see raw data for full list)

- Informative
- Helpful
- Useful
- Powerful
- Touching / sensitive
- Informative, thoughtful
- Excellent
- Informative and relatable
- Helpful and sensitive
- Worthwhile
- A space of like minded individuals
- An open and safe atmosphere
- A great opportunity to learn about services as well as just having an open discussion about mental health
- Very interactive
- Informative and inspirational
- Informative, positive, helpful
- Inspiring, touching, informational
- A great presentation
- Deep, honest
- Accessible, easy to be a part of, safe, informative
- Impactful and eye opening
- Uplifting, educational
- Very useful for feeling less alone / reduce stigma
- Enlightening
- Interesting
- An event to raise awareness around mental health and services available around us
- Powerful videos
- Eye opening
- Informative about depression and anxiety
- Helpful, emotional, vulnerable
- A unique look at mental health using film
- Emotional, educational
- Very informative and useful
- Useful and helpful (2)
- Meaningful
- Somewhere you can always find help and support
- Empowering and supportive

- Good to know when you need help or what do they have
- Open, inclusive
- Beneficial and a good place to share thoughts and feelings
- Safe place to talk and learn about mental health
- It's very useful
- Open and a safe space
- Informative, important, insightful, welcoming
- So helpful, advising it
- Non judgmental and informative
- Amazing!
- Thought provoking

## How might you use what you learned today? (Highlights: see raw data for full list)

- To help others know they aren't alone
- Future knowledge on how to take the right steps
- Being open with other people about my MH and seeking advice
- Talk to my people, about me and them
- Get help early on
- To continue having the conversations
- Apply the knowledge I've gained into practice
- I have more direction to know where to go for help
- Talk to friends, reach out for help when I need it
- Help myself and others (4)
- Share with colleagues as an additional resource
- Support family and friends
- Being more open about talking about mental health
- Very helpful, great to have ideas about mental health
- Reach out and advocate
- I have made the decision to see a counsellor
- Open up about feelings
- To take more time for myself and ask others how they are
- To support my future students and friends
- Show compassion to everyone I meet
- Seeking help when I'm feeling not okay
- Using counselling and asking for help when I need it
- Help anyone who struggles with mental health
- Helping friends

- With future students
- Kindness - mental health looks different for everyone
- Compassion and empathy towards all
- Tell what services they have
- Seek additional supports for my own anxiety
- Sharing info with colleagues / friends
- Good as a future educator to see what I can do for students
- Looking into which resources could be helpful to me
- Be on the lookout with my students
- Being open minded to hear other's problems and issues
- I feel like the movies are relatable
- Tell students about what resources they have
- I think as a future educator it is very important to be aware of how students are feeling
- Use it personally in my profession to help others
- I will advise all people who are struggling to see counselling
- Applied as mental health advocate, self care, supporting others
- Understanding friends who are suffering more
- To continuously use these tools to improve my own mental health
- More compassionate with students' behaviour in class

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

(Highlights: see raw data for full list)

- Stigma (2)
- Fear of feeling the things I have pushed away
- Ego (2)
- Feeling vulnerable
- Not thinking it's my issue, thinking it's (illegible) the issues of people in my life affect me
- Too many resources / confusing on what might work
- I want to do it on my own
- Afraid may be judged
- Resources, affordable, accessible, not settling for cost effective solutions!
- To control my seizures triggered by mental issues
- Afraid that it wasn't 'bad enough' or that I would be burdening
- Courage to take the leap
- I feel uncomfortable, also somewhat shameful
- Feeling like you're a burden
- Sense of self-beliefs around one's value

- Not thinking it's very serious
- Time, access, money for counselling
- Anxiety of asking for help
- Not sure if I need it
- Easily available help - wait times
- Time (2)
- Not making time for myself
- Feeling unworthy, that my struggles are not important
- Expensive / Money (2)
- I used to have a struggling time, now it's getting better, but I'm not sure about now if I need help or not
- Masculine stigma, very few friends
- Not thinking my problems are significant enough! (think different now!)
- Everyone have all same problem and mine is not serious
- Environmental despair (2)
- Allowing time to care for myself
- Access to services, only recently found out about VIU counsellors
- Judgment
- Not feeling like my problems are big enough / intimidates by bureaucratic structure
- Not seeking help
- I think it takes a lot of (illegible) to get help
- Feeling like my problems aren't big enough
- Shyness
- Difficulty expressing my feelings
- Knowing how you feel and recognizing that
- Money, waitlists
- Stigma, comparing your problems to others, toxic masculinity
- Fear of repercussions of seeking support

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

- Give a list of resources to the participants
- All good
- Show more films!
- More videos
- N/A, ya did well
- Less audience interaction
- Hard to hear everyone
- Include more info about mental illnesses such as bipolar, schizophrenia, etc because it is also quite prevalent in society
- Conversations that speak to challenges outside of just depression and anxiety / larger representation of illnesses (2)

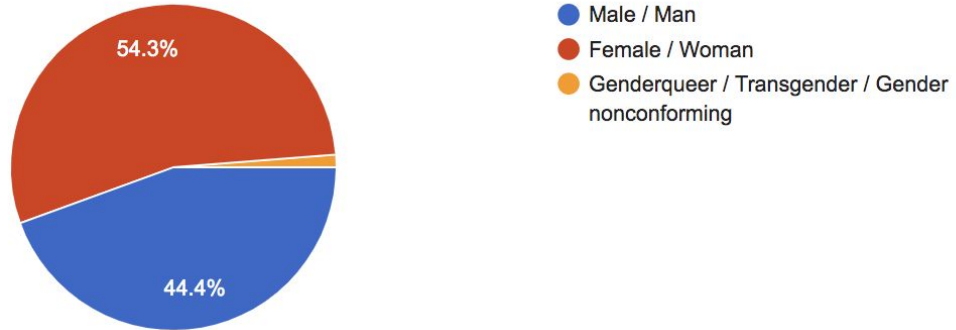


- Just keep it going! This would have been great to hear my first year of school (or 10 years ago ha)
- I thought it was very well done and had multiple facets that made connecting to it very easy
- More advertising
- Shift the focus slightly so that as a service provide I can feel that the language of this survey and some of the questions are even more inclusive
- Recommend tissues!
- Using microphones throughout
- Great job
- Making it a day long event
- Well I'm not sure because you guys did a great job :)
- Movies were amazing, touched my heart.
- More communication. You guys are amazing
- More films / less chat
- It was great!
- Very well done
- More awareness and marketing about the event
- Provide more examples and testimony
- Big circles of ten work well for discussions
- Liked the discussion and panel
- Nice blend of personal witnessing and dialogue
- More speakers, more movies
- More movies (3)
- Put examples on slides before asking audience
- More time for questions

Major	
Education	<b>33%</b>
Forestry	<b>22%</b>
ESL	<b>4%</b>
Nursing	<b>5%</b>
Social Work	<b>4%</b>
Biology, Business, Earth Sciences, English, GCIB, Geography, Hospitality, MBA, Management, French, Post-Bac, Tourism management	<b>1% each</b>

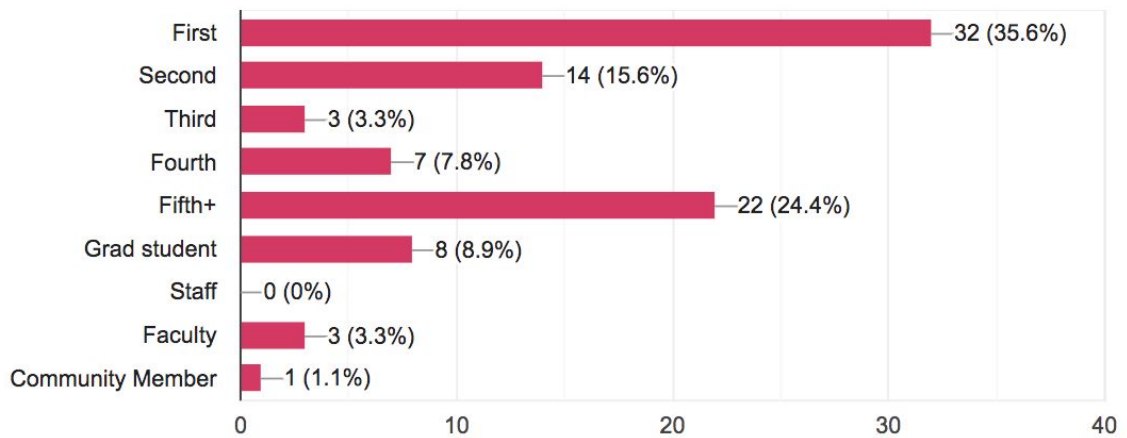
## Gender Identity

81 responses



## Year

90 responses



Race / Ethnicity	
Asian / Asian-Canadian	21%
Black / African / African-Canadian	2%
Indian / South Asian	5%
Middle Eastern	7%
Indigenous / Aboriginal / First Nations	4%
Pacific Islander	2%

White / Caucasian	<b>64%</b>
Scandinavian	<b>1%</b>