

Poetry for Mental Health (Online)

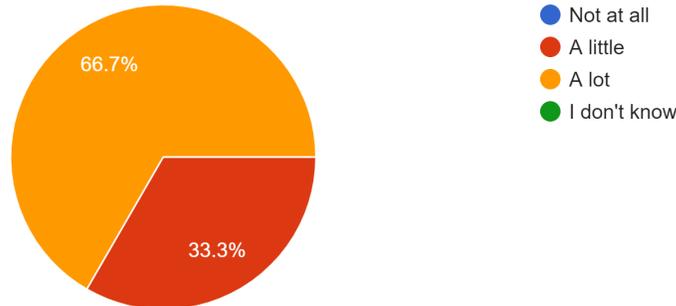
Post-Workshop Evaluations

Vancouver Island University
March 30, 2021

Number of attendees: 36
Number of evaluations: 18

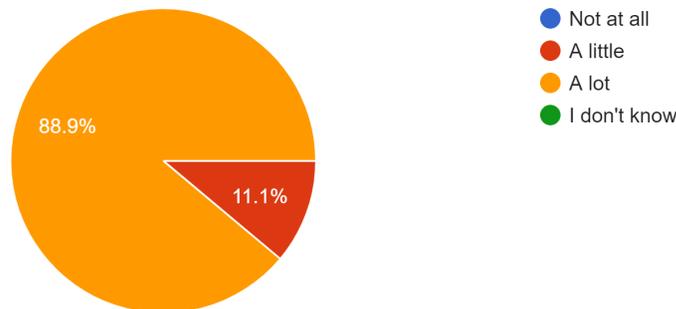
Did this workshop increase your awareness of mental health issues related to the culture of masculinity?

18 responses



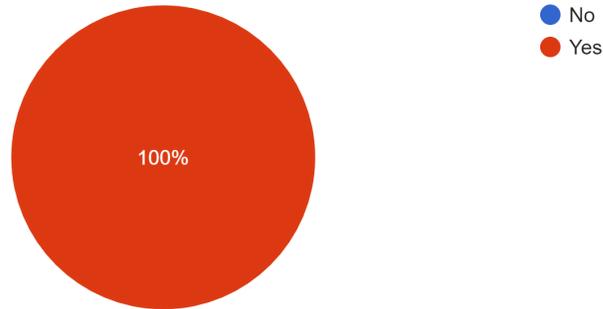
Did this workshop help you name and see examples of stigma related to mental health issues caused by the culture of masculinity?

18 responses



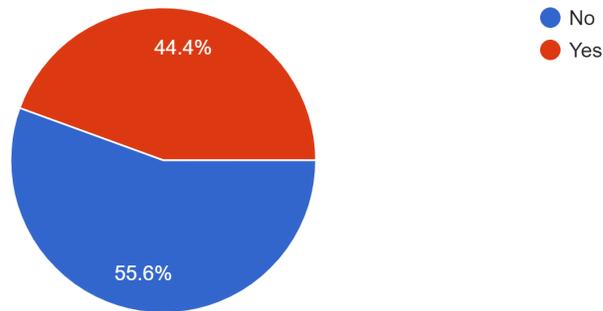
Before this event, did you know about your school's counseling services?

17 responses



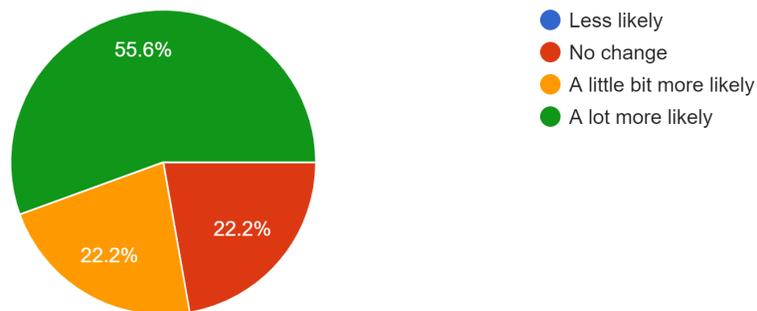
Before this event, did you know about the community resource(s) who presented on the panel?

18 responses



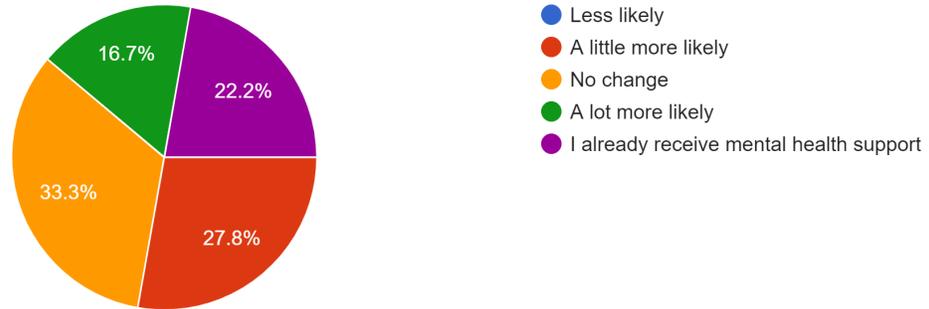
After this workshop, are you more or less likely to take action to support the mental health of men in your life?

18 responses



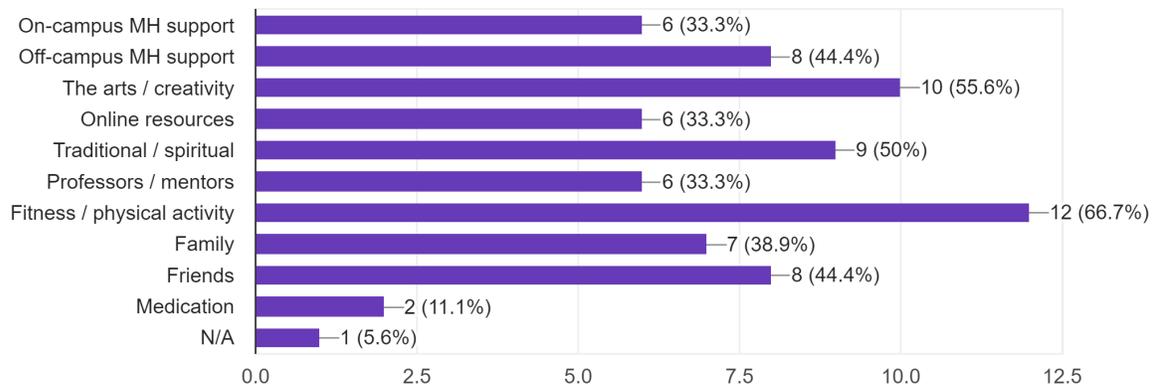
After this event, are you more or less likely to seek support for your own mental health?

18 responses



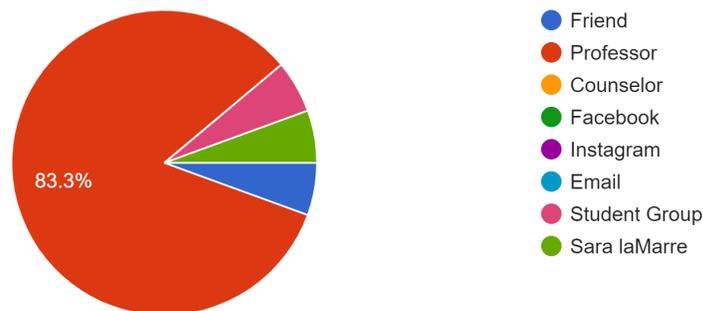
What type(s) of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

18 responses



What was your main takeaway?

- We still have a long way to go with encouraging men to talk about mental health and toxic masculinity
- That toxic ideas of masculinity are still prevalent today, but there are more resources and open dialogue about it today
- men are becoming more open as there is more help for them available
- Wrote some good poetic lines! and I love the togetherness
- Men struggle with mental health deeply
- That everyone views masculinity in a different way, and they all have reasons for viewing it in that way.
- That masculinity can be toxic and seen differently by everyone. The view of masculinity needs to change.
- Men are afraid to seek help because they feel it makes them appear weak or unworthy
- Everyone has a perspective and it's great to them all
- To be more thoughtful when it comes to my wording
- I can only strive to be myself
- the stereotypes associated with toxic masculinity
- There are some beautiful men and women out there
- lots of caring
- Very valuable and informative
- Helped me to recognize in others the struggle

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

- "A nice way to spend a Tuesday morning, you'll probably enjoy reading other people's poetry as well! I'd recommend you go if you are available."
- So interactive, a great concept and way to keep people engaged. I'm so impressed.
- An innovative and interactive conversation that took place in an online forum, but was positive and supported those with mental health and also tech problems on the go
- extremely motivating and inspires hope in finding change when struggling
- Insightful
- An eye opening experience on how the opposite sex deals with mental health
- Fun and informative
- Eye opening
- healthy
- different way of learning about a subject
- Fun, powerful, interactive, and incredibly important
- welcoming, supportive
- Engaging, challenging
- A very good learning tool
- an opportunity for both introspection and support
- amazing, informative, eye opening, and freeing
- encouraging

How might you use what you learned today?

- I'll use the motivation to continue the conversation where I can - heading into a career in forestry, mental health hasn't been a discussed topic historically. I hope to see and be a part of a change to this
- In my daily life to empower the men around me and in my social work practice
- I will try and remember that I am not the only one who feels a bit strange about masculinity and what it means. It's interesting to know that many others are aware of the confusion around masculinity.
- To educate, so we can change the thoughts on what masculinity should be and hopefully stop the stigma
- teaching my child its ok to be vulnerable and ask for help
- Creating a safe space for men to be vulnerable, and allow them to define what masculinity is for them
- To be more thoughtful on males mental health
- Support the men around me
- Advocate for the end of stigma for men seeking help
- Speak up against stigma
- Do my best to encourage people to speak their mind
- to support others around me
- more awareness and the ability to reach out to to otherss
- asking others to give voice to their experience
- As a social worker
- write a poem. share with the world. have compassion.

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

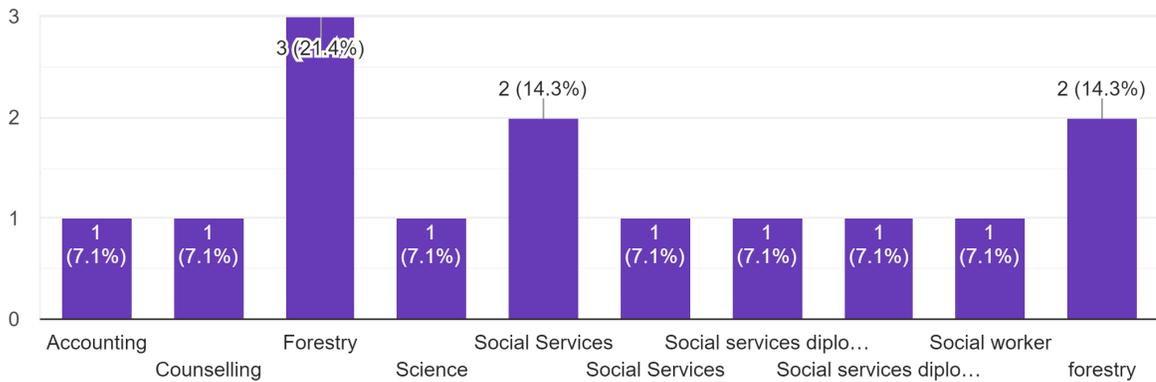
- With phone or zoom counselling at VIU, I find myself less likely to arrange a meeting. My house is small and others who are home can hear me talk. I could get around this by leaving the house, but a lack of privacy at home would be my biggest barrier.
- feeling like I have no time or money to seek professionals...juggling being a husband, dog dad, student, son, friend, etc. while still finding time to follow my own interests and do things for me
- To making the time to do so
- myself
- Non understanding educators at our University
- time and money (x3)
- Anxiety around others perception
- Acceptance of current events
- time management
- yourself
- mental illness and stigma
- Stigma (internal and external)
- cost, not having time, excuses, stigma
- finding the time

How can we improve this event in the future?

- No suggestions
- Its really well already
- it was great as is
- Longer periods to write
- keep learning about yourself
- it was great
- I think Chris did a wonderful job. It was incredibly informative and engaging.
- use video from 1990s Chris to promote!
- not sure, really well done
- teaching
- share an example poem and/or poetry video
- I am not sure, it was brilliant. Perhaps make people stick around for Chris beautiful poem and his words about it afterwards.
- Let people know to leave the meeting and re-join if the audio cuts out. I read this before joining, but it might be helpful to say it out loud at the beginning of the event. (This might have been said and I could have missed it.)
- I really liked how it was
- lets see some faces

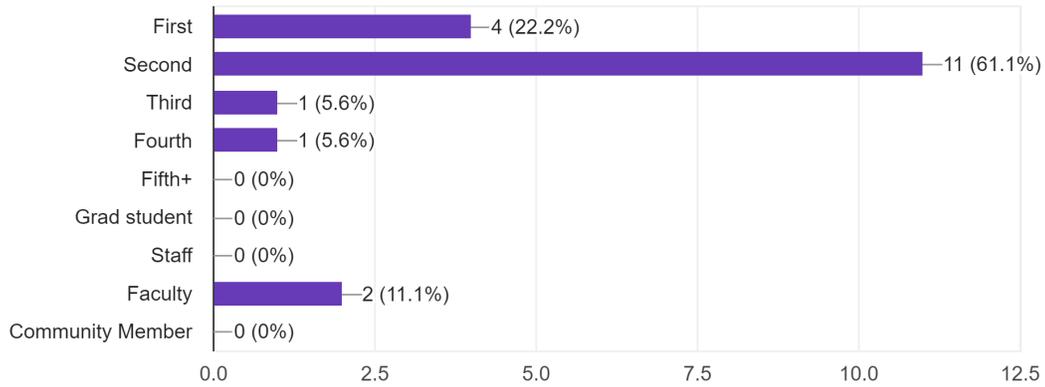
Major

14 responses



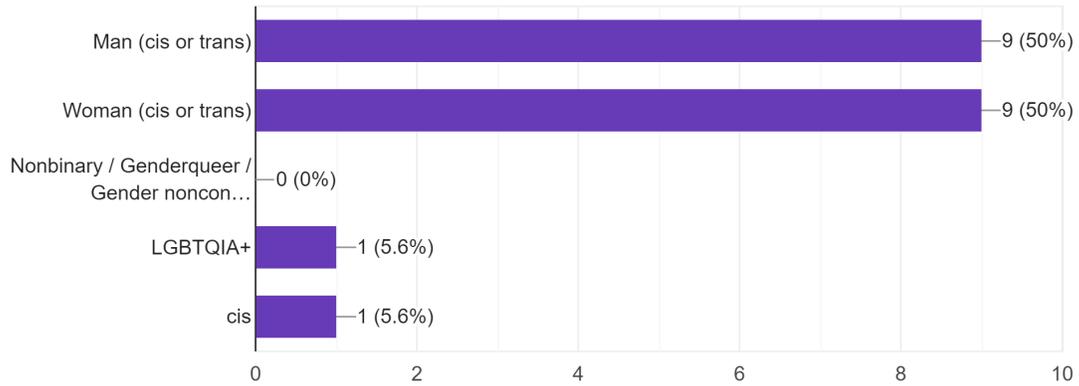
Year

18 responses



How do you identify? (Check all that apply)

18 responses



Race / Ethnicity		
Asian / Asian-Canadian		
Black / African / African-Canadian		
Hispanic / Latinx		
Indian / South Asian		
Middle Eastern		
Indigenous / First Nations / Inuit / Metis	4	22%
Pacific Islander		
White / Caucasian	15	83%