

Movies for Mental Health

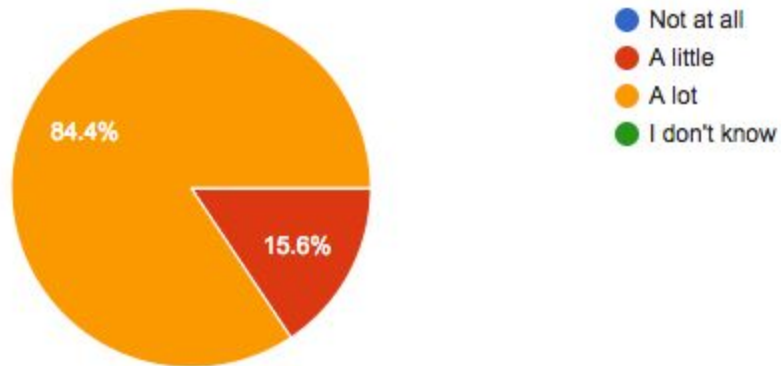
Post-Workshop Evaluations

University of Manitoba
January 29, 2019

Number of attendees: 36
Number of evaluations: 33

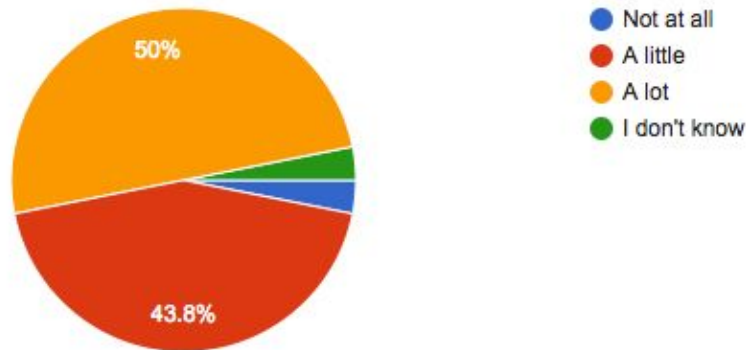
In your opinion, did this event create awareness of mental health issues?

32 responses



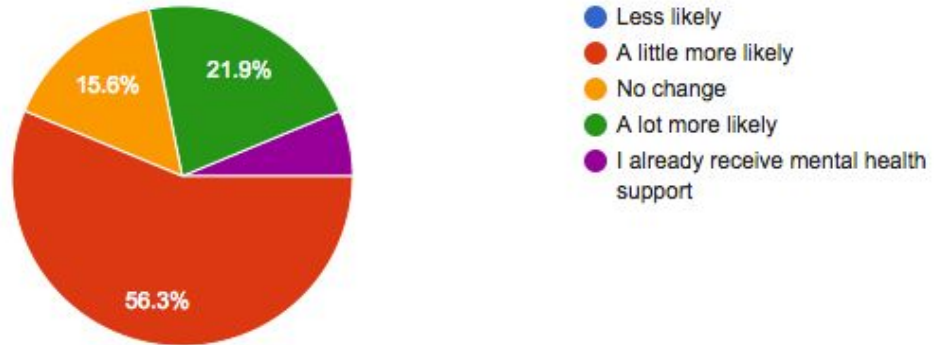
In your opinion, did this event reduce stigma related to mental illness?

32 responses



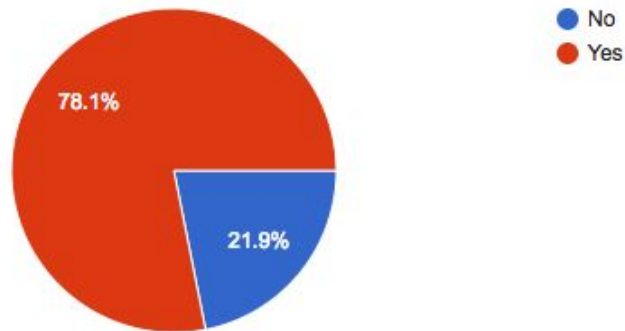
After this event, are you more or less likely to seek support for your mental health?

32 responses



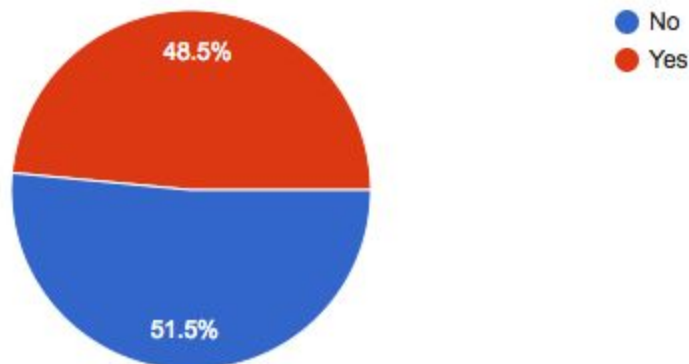
Did you know about your school's counselling services before this event?

32 responses



Did you know about community resources before this event?

33 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	22
Off-campus MH support	2
Traditional / spiritual	3
Family	9
Friends	9
Professors / mentors	4
The arts / creativity	10
Fitness / physical activity	12
Online resources	4
Medicine	1



2% UMSU 1% UMSU, Online, Social Media, Ad, Tabling, Volunteering, University, Accessibility Centre

What was your main takeaway? (Highlights: see raw data for full list)
<ul style="list-style-type: none"> • A wonderful workshop and incentive to reduce stigma towards mental illness • Community resources • Conscious media consumption • Difference between stigma and stereotype • I was inspired • Listening is supporting • Mental health is an umbrella and there is a difference between stigma and stereotype.

- Mental health is IMPORTANT
- Mental illness can be treated
- That I can be someone's support just by being there. Having an answer is intimidating
- That I can share and I'm not the only one struggling
- That mental illness affects so many of us and that it is important to identify stigma
- The personal impacts of the panelists
- To speak up about my feelings
- You are not alone, each have their own struggles (2)
- You can be mentally ill and well at the same time

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

(Highlights: see raw data for full list)

- A must see
- Beneficial
- Educational, interesting, eye-opening
- Empowering
- Eye opening
- Eye opening, powerful
- Helpful
- Helpful, eye opening
- Helpful to seek professional help
- Impactful
- Impactful, awesome
- Informative (3)
- Informative, eye opening
- Inspiring and helpful
- Motivational
- Powerful and inspiring
- Powerful, eye opening, educational
- Provocative because it challenges you to see someone else's struggle. We are usually self absorbed.
- Recommend
- Useful
- Very informative and interesting
- Very informative. A warm, welcoming environment where you can discuss mental health

How might you use what you learned today?

(Highlights: see raw data for full list)

- Be more ready to discuss mental health and more understanding to comprehend their struggles
- Gave me another viewpoint looking at what I struggle with
- Help my friend
- Help others navigate their mental health and let them know there are resources available
- I may try to seek resources and reaffirm to myself that I am able to give something as I take too
- I might use the on campus mental health support
- I'll go see a counsellor
- Inform and help others
- Make film or art about mental health

- More conscious about media I consume
- Take time to ask people how they're doing and how I can help
- To help a friend (2)
- To spread awareness to all my friends and family
- Turn towards help more and my arts to help my mental wellness
- Volunteering more, spreading awareness

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

(Highlights: see raw data for full list)

- Access / cost
- Accessibility
- Culture and upbringing
- Fear of being dismissed
- How busy counselling is at university
- Lack of sleep
- Money
- My background. Africans don't really diagnose; most things need 'exorcism'
- Myself
- Not being able to talk
- Parents
- Shame / feeling that seeking help is a sign of weakness is dependency
- Sharing it and being open about it
- Stigma
- Time management
- Time, money, lack of help
- To ask for help
- Trust

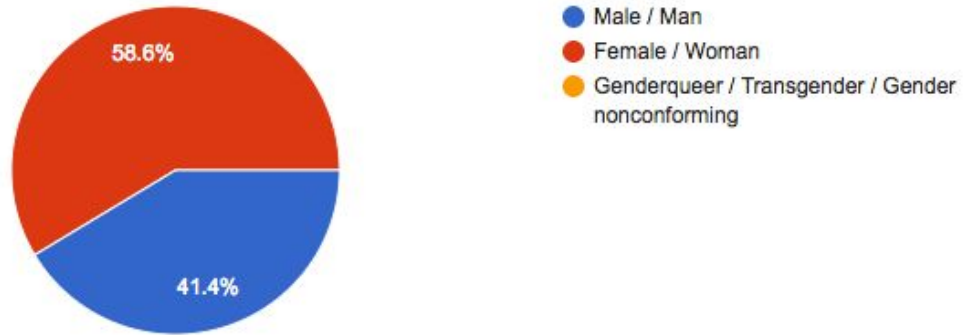
How can we improve this event in the future?

- Bigger room and show where to seek mental health
- Don't highlight the food
- Just add some interactive Q&A
- More movies (2)
- More notifications
- More programs like this
- Perfect as it was today
- Punctuality
- Show and tell where to find support
- Timing

Major	
Science	15%
Social Work	12%
Business	8%
Anthropology, Art / Psychology, Business, Criminology, Computer science, Criminology, Economics, English, English and Fine Art, Environmental Studies, Genetics, Health Science, Nutrition, Political studies, Rehab science, Sociology, Undeclared	4% each

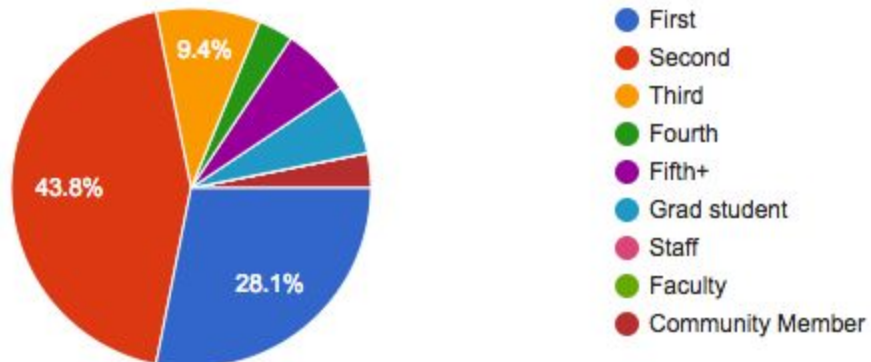
Gender Identity

29 responses



Year

32 responses



Race / Ethnicity

31 responses

