

# Movies for Mental Health

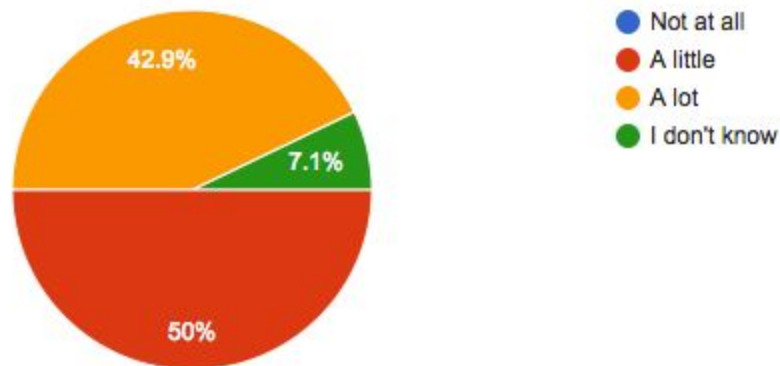
## Post-Workshop Evaluations

University of Waterloo  
November 20, 2018

Number of attendees: 22  
Number of evaluations: 14

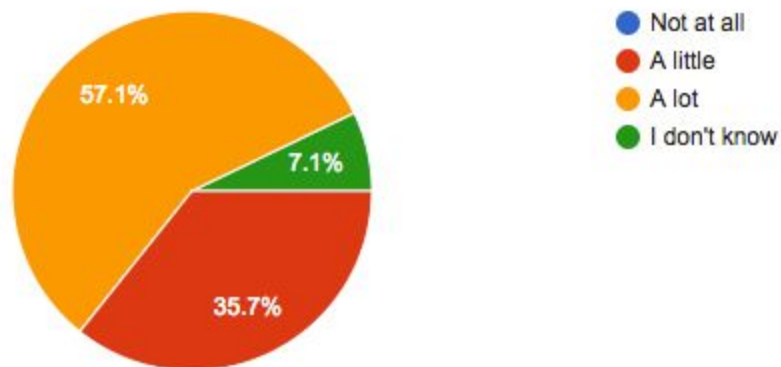
**In your opinion, did this event create awareness of mental health issues?**

14 responses



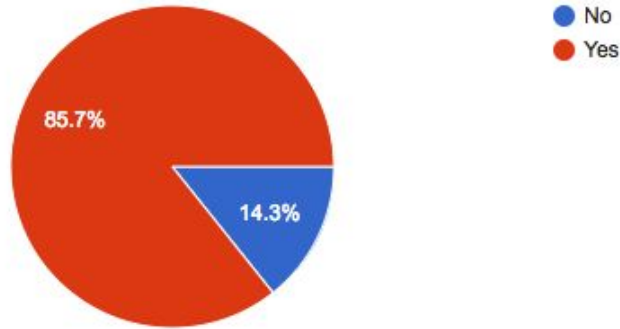
**In your opinion, did this event reduce stigma related to mental illness?**

14 responses



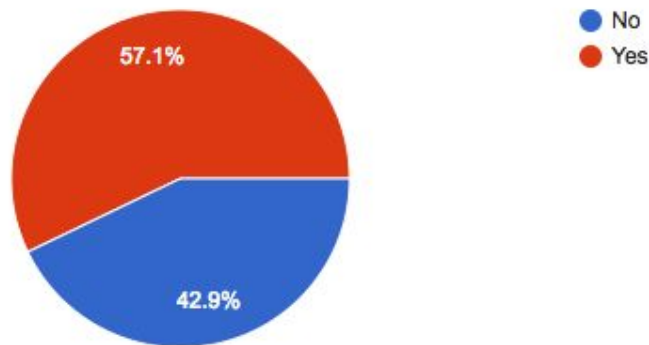
### Did you know about your school's counselling services before this event?

14 responses



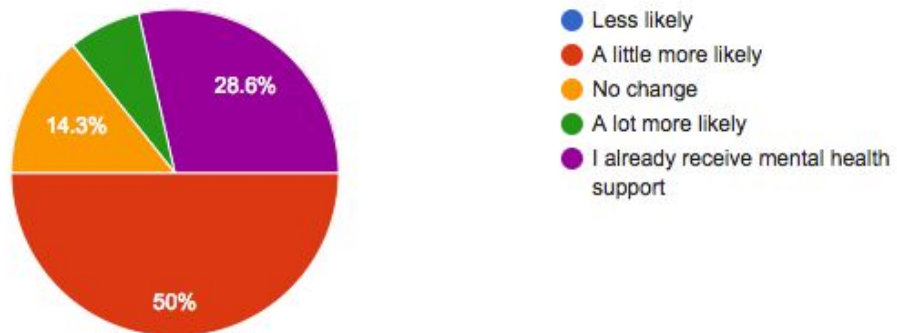
### Did you know about community resources before this event?

14 responses



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

14 responses



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

On-campus MH support	<b>8</b>
Off-campus MH support	<b>4</b>
Traditional / spiritual	<b>5</b>
Family	<b>7</b>
Friends	<b>8</b>
Professors / mentors	<b>6</b>
The arts / creativity	<b>8</b>
Fitness / physical activity	<b>8</b>
Online resources	<b>5</b>

### How did you hear about this event?

Friend	<b>16%</b>
LEARN / portal	<b>24%</b>
Peer health education	<b>8%</b>
Online / Facebook	<b>8%</b>
Email	<b>15.4%</b>
Community Resource	<b>8%</b>
Student Association / Union	<b>23%</b>

### What was your main takeaway?

(Highlights: see raw data for full list)

- I'm actually just to chill out (thought it's a movie night event)
- Every person copes differently
- You are not alone, you can get help
- Mental illness is never that obvious
- Mental illness is not a crime, it's something everyone experiences
- Art can be a powerful way to express mental health
- Mental illness is more common than you think. The feelings are shared, as well.

- Learning about the effects of manic episodes
- The short films were very accurate and entertaining

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

(Highlights: see raw data for full list)

- Personal
- Mental health knowledge presentation from a movie
- A screening of films and a Q&A session
- Enlightening
- Inspirational, important, good open conversation
- Very intriguing and engaging
- Powerful, helpful
- Recommended
- Eye-opening, great stories to open perspectives
- Informative and comfortable

How might you use what you learned today?

(Highlights: see raw data for full list)

- Better understanding of mental health
- Trying to keep in communication with peers
- Talk about it, look more into it
- Identifying signs of mental illness
- Get help (professionally)
- Learning to recognize symptoms of mental health in myself
- As a positive memory to remind me I'm not alone

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

(Highlights: see raw data for full list)

- Not ready to ask for help
- Finding people who can relate, ongoing support/activities
- Feeling like I need to do it by myself to be strong
- Fear
- Anxiety and fear of opening up to people
- Stigma
- Can't bring myself to go to a counsellor
- Time constraints

How can we improve this event in the future?

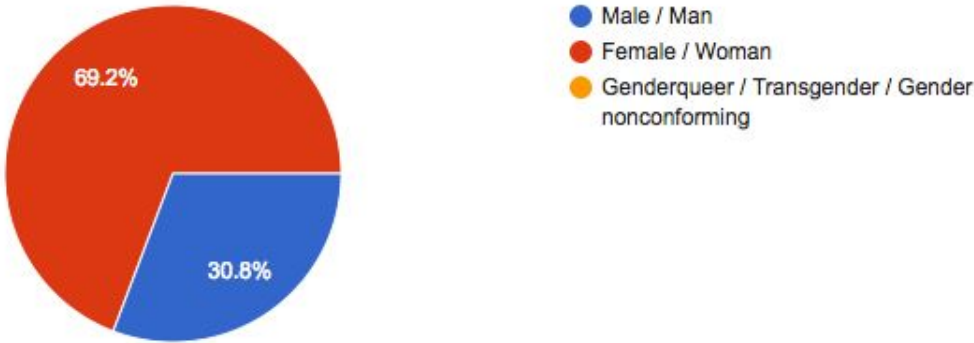
- Not an improvement, but lots of triggers

- Maybe it's better to run it in a smaller room
- More promotion, more movies
- More videos of multiple mental illnesses
- Keep posting on LEARN
- More of them :)
- Perhaps more engaging activities with the audience

Major	
Economics	3
ARBUS	1
Biomedical Science	1
Health studies	1
Political Science	1
Psychology	1
SMP / SDS	1
Science	1

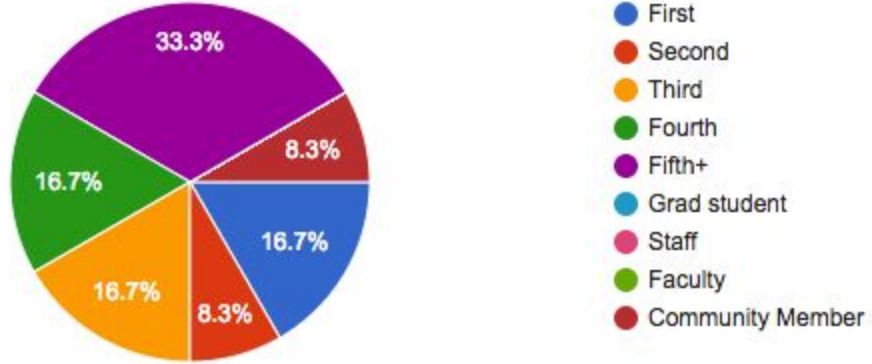
### Gender Identity

13 responses



## Year

12 responses



Race / Ethnicity		
Asian / Asian-Canadian	5	42%
Black / African / African-Canadian	1	8%
Indian / South Asian	3	25%
White / Caucasian	4	33%