

Movies for Mental Health (Online)

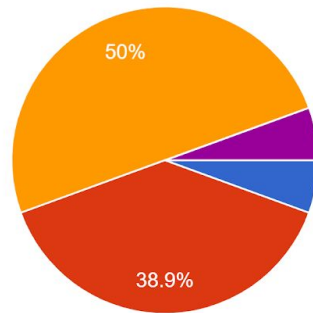
Post-Workshop Evaluations

Arts and Minds Canada
May 7th 2020

Number of attendees: 41
Number of evaluations: 18

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

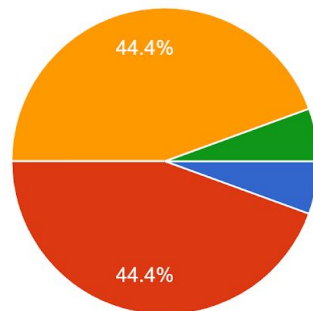
18 responses



- Not at all
- A little
- A lot
- I don't know
- I was already very aware, but the video's and Angie's story provided great insight. I think the personal stories are more effective then the movies

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

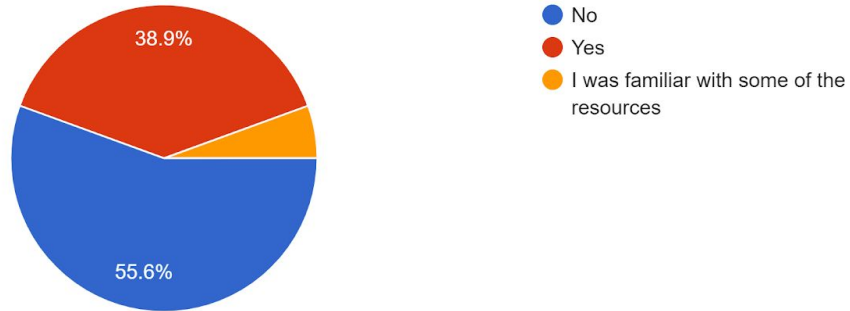
18 responses



- Not at all
- A little
- A lot
- I don't know

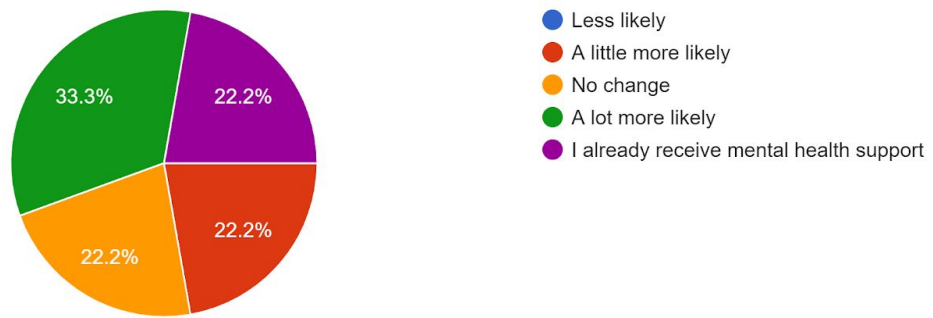
Did you know about the community resources before this event?

18 responses



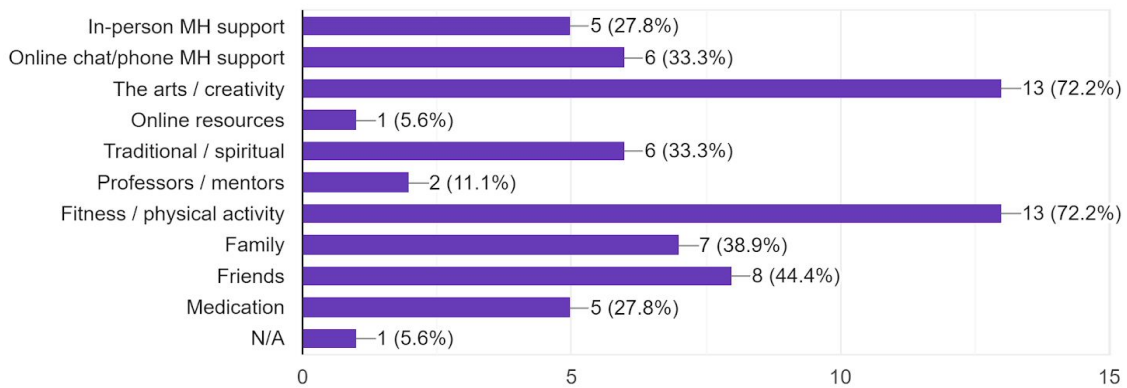
After this event, are you more or less likely to seek support for your mental health?

18 responses



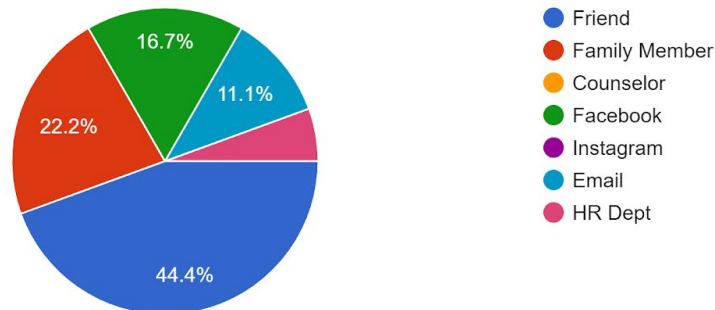
What type of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

18 responses



What was your main takeaway?

- Contact
- Enhanced understanding of mental health
- I am not alone. (x2)
- Just Start
- Liked the different perspectives that were provided but the videos were very Depression focused.
- talk about it
- That it's ok to be you. Feel what you feel
- That you can have mental health or mental un-health at the same time.
- This workshop helped me to look inward and recognize/validate my own feelings and thoughts.
- To really work on not judging people with MH.
- validate your feelings
- We are all in this together
- You/We are not alone

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

(Highlights: see raw data for full list)

- A great introduction to mental health with interesting films to discuss.
- A well organized doorway to gaining an overall understanding of different ideas and strategies related to mental health
- Creative
- Easy and very open. Very helpful.
- Engaging
- Giving you a chance to reflect
- helpful, and well run
- Impactful
- Insightful and a great resource.
- inspirational

- Interactive in a comfortable, undemanding way
- open, accessible
- The workshop helps promote mental health, it's informative as well as supportive.
- Uplifting/helpful
- Very helpful.
- Very positive and supportive environment

How might you use what you learned today?

- A reminder that taking a few minutes to focus on breathing or signing up for a couple hours of a workshop are both easy things you can do for yourself.
- Be supportive of friends
- I am going to try to focus more on my mental health.
- I liked the flexing meditation activity
- I will tune into my body more and breathe.
- pass it along
- Share ideas in a FB Forum I moderate
- This made me think and look at Mental Health in a different way
- to better my mental health
- To help me understand other people's perspective.
- understand myself and others and just be there for friends & family
- Will continue doing what I am.

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

(Highlights: see raw data for full list)

- Cost and time off from work.
- Fear of judgment
- hubris
- I do not struggle with mental health, but I am a supervisor in my work and a caregiver at home, and sometimes forget about myself
- knowledge of resources
- My responsibilities at home.
- not understanding what actual mental health is
- stigma
- Stigma/shame
- Talking about it. I feel like I am being weak
- Where I actually live
- Where to start what resources are there

How can we improve this event in the future?

- Diversity of illness, very depressed focused which is important, but I'm Schizophrenic, some might have bi-polar, i think diversity of illness would appeal to a broader audience.
- Do more
- Having more time with the panel, I really learn from lived experience.
- I think it was perfect.
- I wouldn't mind captions for the films.
- It was great! (x2)
- It was PERFECT!
- more breakouts
- More people should know about this workshop it was great
- more videos
- no breakout groups or facilitators for breakout groups
- Nothing - This was so wonderful!

Were you able to connect meaningfully with other participants in the breakout room?

(Highlights: see raw data for full list)

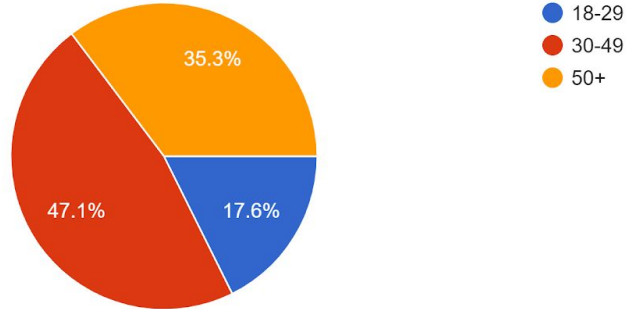
- difficult. There were only two of us at first and I did not want to dominate
- first time so was unsure, only had a small group took a little time to change from just listen to join in
- I tried!
- I was too shy to speak :) But did love hearing the group converse.
- No, I could not hear others and my mic wasn't working...technical stuff
- not enough time for that; lots of empty time
- somewhat. Well facilitated.
- Yes. (x5)
- Yes. I had audio/video issues, but it was inspiring to listen to other perspectives.

Occupation

- Artist
- clerk/cashier
- clown.
- Disability Services
- editor / writer
- Entrepreneur
- Financial Advisor
- Museum supervisor
- Public Service
- Records Analyst/Provincial Government.
- Retired
- Retired from regular work in financial services
- Sales
- Tableau water - event operations
- university professor

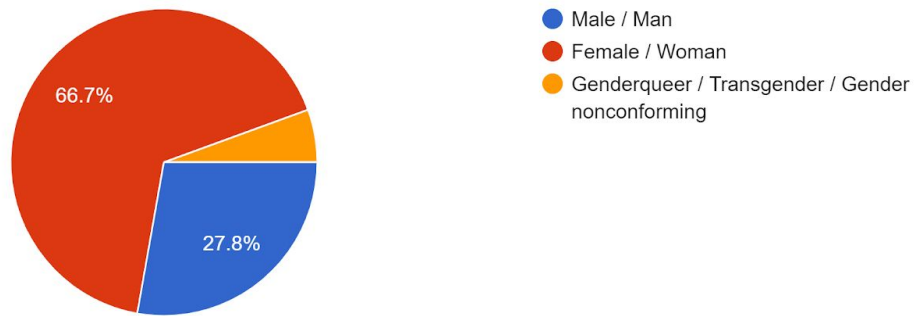
Age Range

17 responses



Gender Identity

18 responses



Race / Ethnicity		
Asian / Asian-American	1	5.6%
Indian / South Asian	2	11.1%
White / Caucasian	15	83.3%
Other	0	0