

Movies for Mental Health

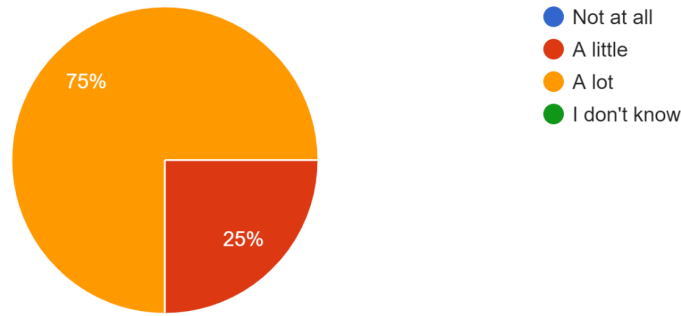
Post-Workshop Evaluations

Bishop's University
1.31.23

Approximate maximum attendance:11
Number of evaluations: 4

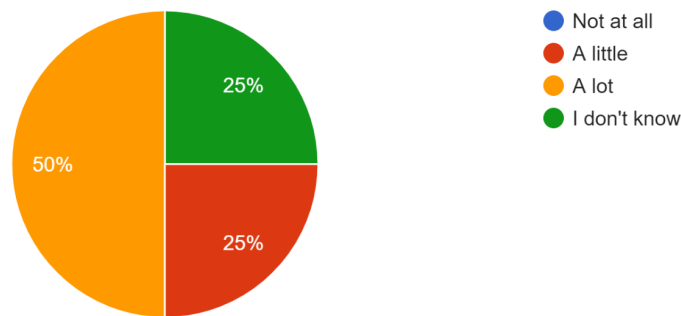
In your opinion, did this workshop increase your awareness of mental health issues?

4 responses



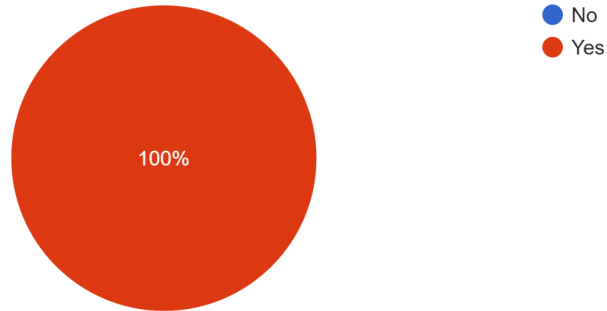
In your opinion, did this workshop help you confront and address stigma related to mental illness?

4 responses



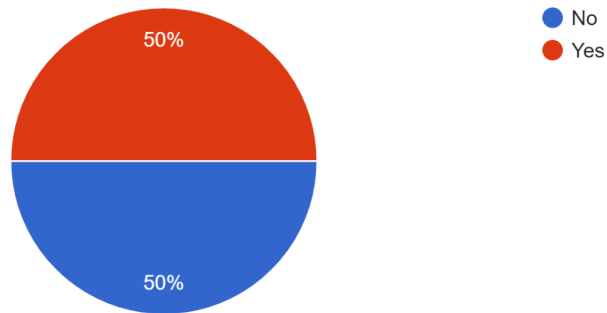
Did you know about your school's counseling services before this event?

4 responses



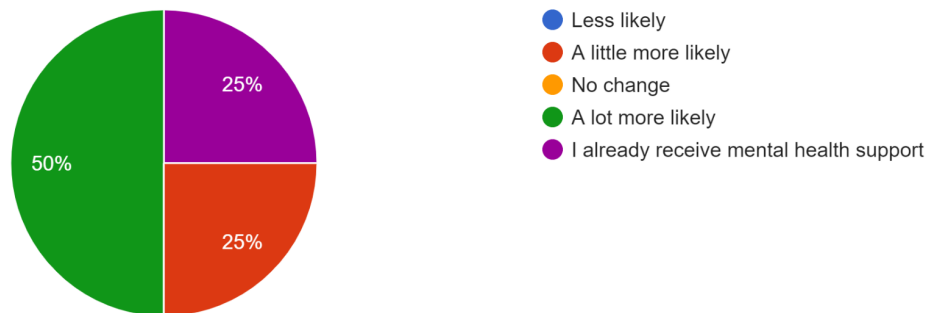
Did you know about the community resources before this event?

4 responses



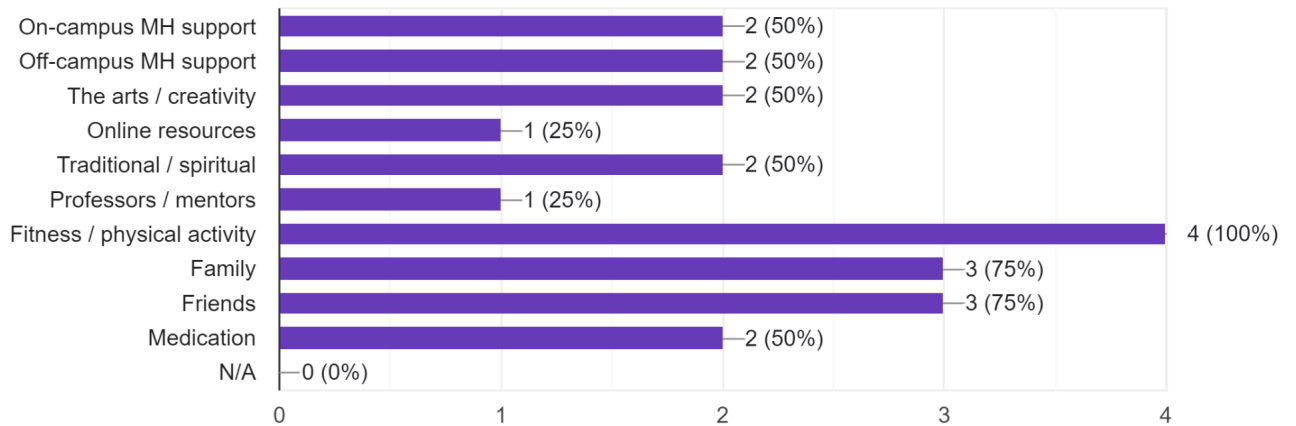
After this event, are you more or less likely to seek support for your mental health?

4 responses



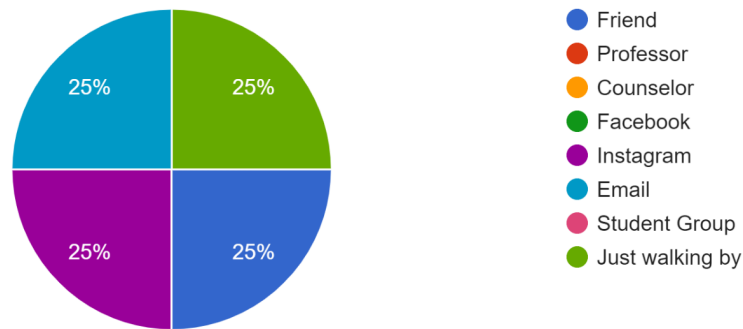
What type of mental health support do you think would be most useful to you?

4 responses



How did you hear about this event?

4 responses



How'd you hear about this event?

What was your main takeaway?

- Be gentle to yourself but also take small steps
- Everyone around us had their own struggles even if we can't tell
- That I am not alone with my struggles
- That mental health is a journey that everyone is on, and we don't know what people are going through, so to be kind towards others (golden rule)

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

- Touching
- Informative and thoughtful
- If they need resources or just someone to talk about their struggles that we do have them on campus!
- A safe space to talk and discuss mental health and de stigmatized speaking up about our struggles

How might you use what you learned today?

- Relate better to other people
- To continue and be there for people around me.
- To share resources with others whenever possible

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

(Highlights: see raw data for full list)

- Stigma and feeling weak
- I struggle with everyday anxiety, I am on medications, at first it was hard to talk about it because I felt like it was just a phase but then I realized that I was not alone and opened up to my parents and they have helped me a lot to get the help that I needed!
- Financing (for out of school therapists)

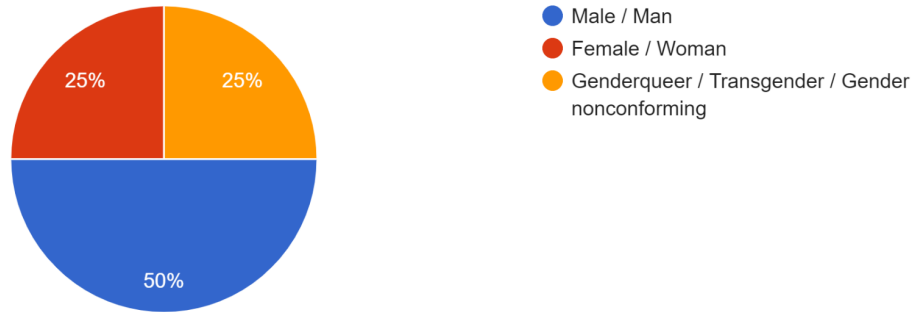
How can we improve this event in the future?

- Perhaps a bit shorter
- I would not change anything it was a great event !
- Maybe more discussion a week and a half prior to the week, so as to have more time to reach a wider audience, and people can schedule to set time aside to attend these events, or even if some professors decide to record this lecture to view at a later date, so students can attend these events during mental health week

Major	
Applied psychology	1
Sports studies	1
Human Psychology	1
Pre clinical psychology	1

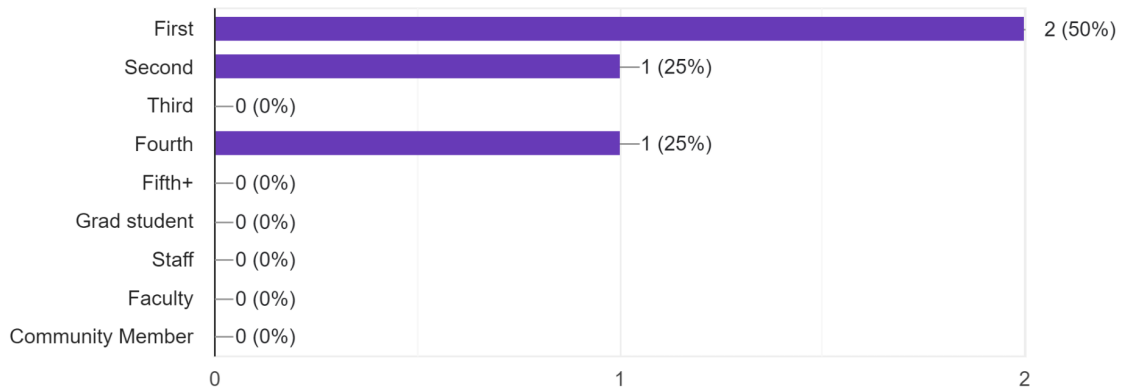
Gender Identity

4 responses



Year

4 responses



Ethnicity

4 responses

