

Movies for Mental Health

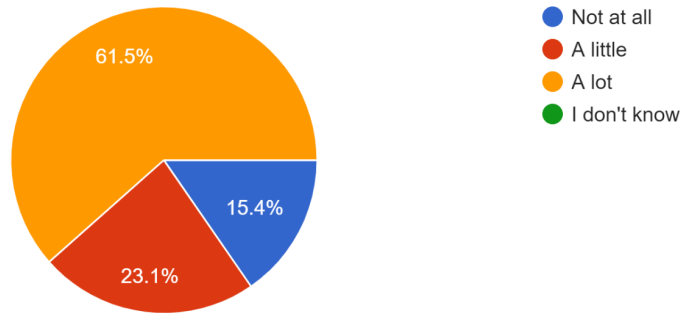
Post-Workshop Evaluations

Vancouver Island University
March 17, 2023

Attendance: 26
Number of evaluations: 14

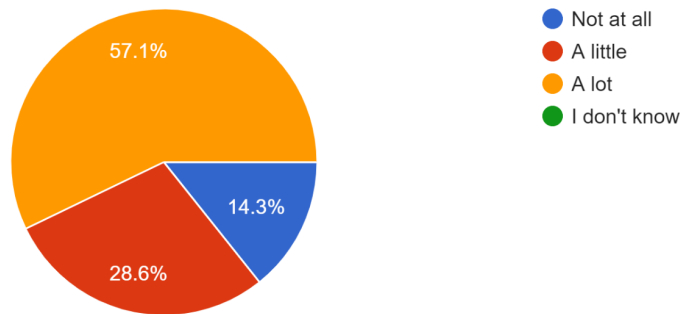
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



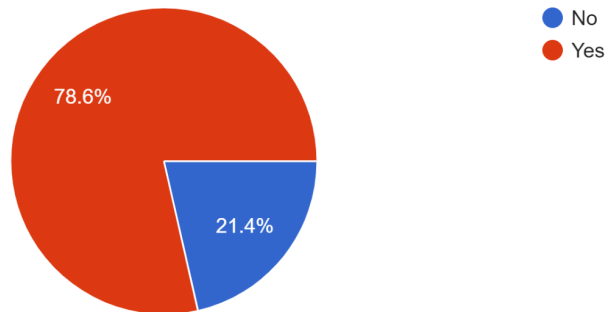
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



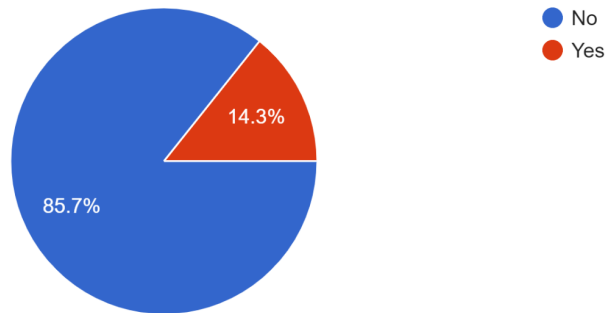
Did you know about your school's counseling services before this event?

14 responses



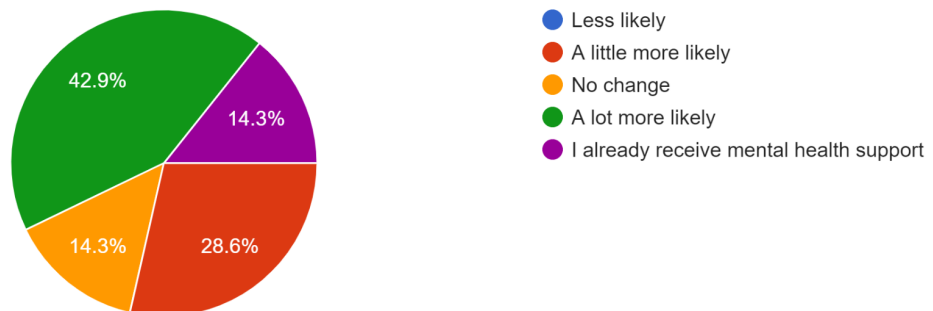
Did you know about the community resources before this event?

14 responses



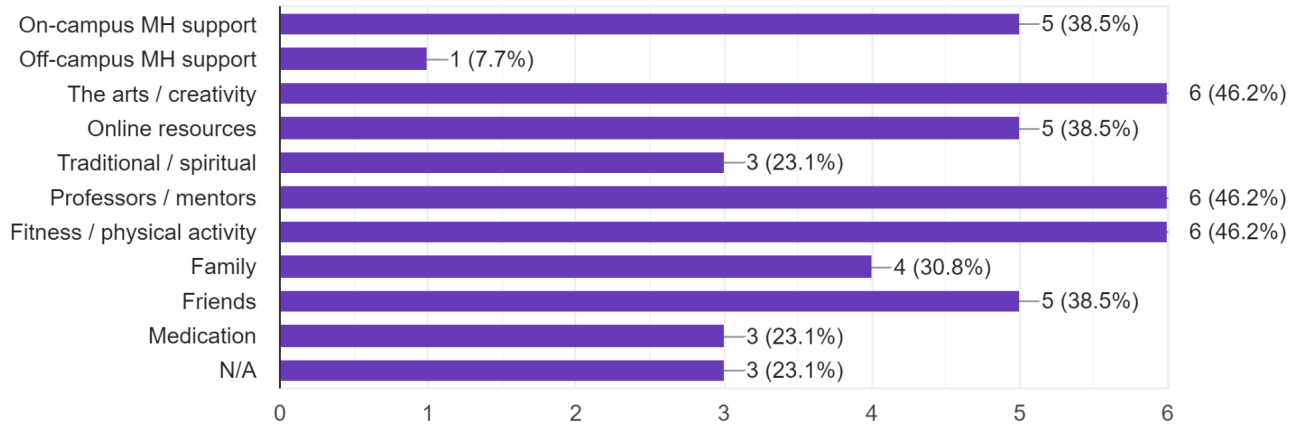
After this event, are you more or less likely to seek support for your mental health?

14 responses



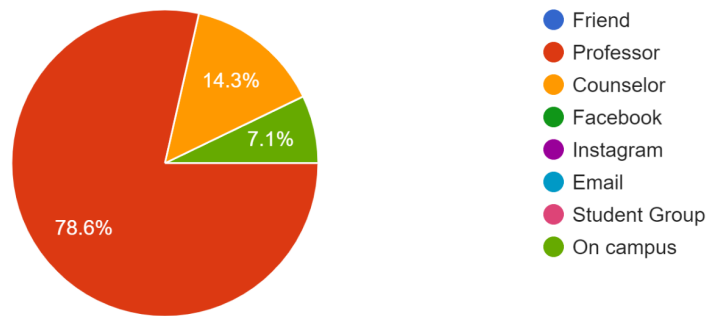
What type(s) of mental health support would you like better access to?

13 responses



How did you hear about this event?

14 responses



How'd you hear about this event?

What was your main takeaway?

- Supports
- Outreach is amazing, didn't know that existed
- Unsure
- Everything
- The videos
- The resources
- Resources available on campus for mental health
- Mental health is different for everyone

- Prioritize your own wellness
- Mental health is difficult and people feel isolated
- How to help other people
- Services available
- Learn more
- Everyone is the expert of their own mental health

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

- An open forum for discussing mental health
- Eye opening
- A very helpful workshop
- Insightful
- Interesting
- Resourceful, helpful and very impactful
- A workshop with good mental health films and lots of discussion opportunities
- Useful for seeing different perspectives about mental health and asking questions I normally would not ask
- Very informative and helpful
- Very interesting

How might you use what you learned today?

- Pass on supports available in the area, reduce stigma and judgment
- Keep working on my communication skills
- Telling a friend
- In my daily life
- Find support
- In my future line of work as a nurse
- Making active steps for my mental health
- In interacting with clients in a health care setting
- Making a wellness plan so that I prioritize self care and mental health
- Ways to help others
- Counseling services at VIU
- Share it with others, listen more
- Remind me that I'm not the only one facing mental health challenges

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

- Time
- Cost
- Stigma
- Reaching out,
- I have a phobia of driving so I can't get around
- Avoiding it
- Finding time within a busy program
- Nervousness/shyness. Don't like people
- School / work
- Lack of resources
- Self image
- Time
- Meeting someone new and talking to them about things I feel no one understands outside of my family/myself

How can we improve this event in the future?

- Shorter
- Not typing all the answers, less discussion, more information
- It was good. No changes
- I need to get over my fear? I guess
- Better awareness of the event
- More discussion, using other forms of media (art pieces, social media, etc)
- More videos
- The videos were good and on topic, but they did not evoke an emotional response for me
- Consider the use of "mental illness" and have backup questions for the panel to discuss in case no one has questions

What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts??

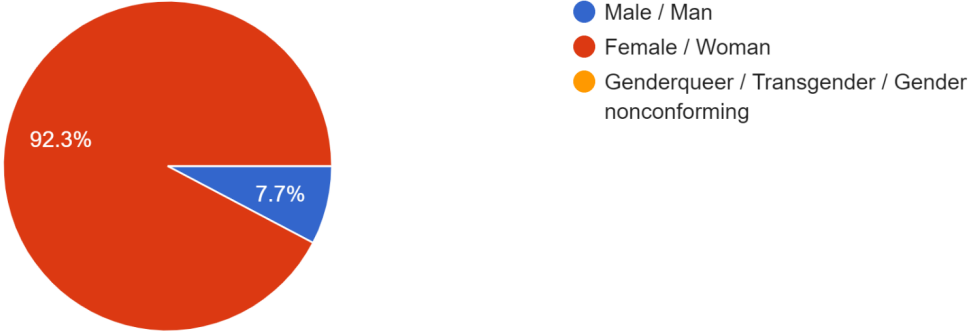
- Adhd, depression, anxiety
- N/A
- More disorders
- More methods for your well being
- Different types of mental health.

- Mental health through art , how social media affect MH
- More resources
- Not sure
- Supporting others with mental health challenges

Major	
Bachelor of Education	5
General/Dental Hygiene	1
Nursing	5

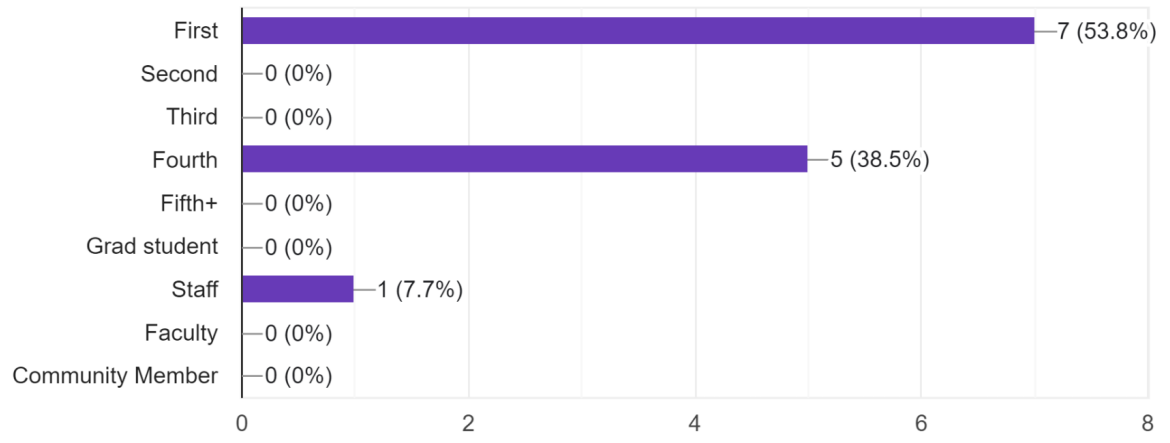
Gender Identity

13 responses



Year

13 responses



Ethnicity

13 responses

