



# The Sashbear Foundation

Making waves on BPD and suicide prevention...

## What schools are saying about “Borderline What? A message of Hope”

This is an **actual** summary of feedback received from one-page evaluation forms from a single school presentation that included 240 students and staff.

Forms were filled by both students and staff attending the presentation. The vast majority of feedback was from students as this was an assembly style presentation. This summary is a representative sample of the school presentations we have done, we have collected over 3,000 evaluations forms.

We received 170 feedback sheets back out of 240 students - **70%**

### Today’s overall presentation evaluation.

Excellent: **67**  
Very Good: **73**  
Good: **30**  
Bad: **0**



### **Which section captured your interest the most?**

First Intro video on mental health awareness: **8**  
Sasha's story: **102**  
Validation: **29**  
Brandon Marshall video: **14**  
Borderline Walk Video: **1**

All the sections: **12**

### **What did you learn from this presentation?**

Statistics: **27**  
Validation: **51**  
Support others: **23**  
Stop the stigma: **7**  
Seek help: **15**  
Mindfulness, coping skills etc...: **13**  
Don't be a bystander/speak up/never give up : **11**  
About BPD: **34**  
Talk about it: **2**  
Help is available: **11**  
It's important to bring awareness: **1**

### **Which section did you like the least?**

Like it all/no section in particular: **41**  
Videos in general: **3**  
Roles play: **19**  
Brandon Marshall videos: **10**  
Borderline walk video: **6**  
The Intro Video: **12**  
Diaries insert hard to hear: **2**

### **Which activities/events would you like the Sashbear Team do in the future?**

Walk/run/gala fundraiser/sports day etc...: **13**  
Keep on going in school: **9**  
Present people that are dealing with mental illness: **5**  
Swimming activity: **10**  
Workshops: **7**  
More interactive: **13**  
Movie: **1**

## **Comments:**

Very informative: 15

Powerful/inspirational/eye opener/ got me thinking: 30

Thank You!: 10

Great presentation/very well done: 10

The spoken info throughout the presentation was astonishing

Seriously, thanks for coming. You are teaching a life skill and it was easy to understand and pay attention to. Also, that's a very nice bear!

I can relate to the fitness, I used to be somewhat depressed working out helped me, now I want to be a fitness trainer.

I feel free when I swim. I feel uncomfortable to talk and express myself. How do I correct that

## **SOMETHING YOU WOULD LIKE TO SHARE WITH US?**

I suffer from mental health and because of this video I will try and come out and tell people about my mental issues.

I love radio control (hobby) and swimming, when I get sad this keep me distracted and help me forget all my problems for a few moments. Nobody knows about my problems

The scenario videos worked well to help me understand.

I have a better understanding of this issue

I spent my entire life (30 years) avoiding the fact that I suffer from depression and as soon as I sought treatment my whole life changed.

You all are very strong for talking about your loss.

I believe my sister has BPD

My cousin was struggling with mental illness. If I did have an opportunity to go to Australia I would for sure help her out

My sister suffer from BPD

You will always be in my prayers

I have a family member almost end their life b/c of a mental illness as well. It put stress on the family thankfully we got through it with proper help (good thing we were not ignorant about getting help)

Thanks for sharing your story with us

My brother was recently diagnosed with ADHD It was a big shock to me and my family. We try to be more understanding towards him and whenever he is feeling down we try to give as much support we can

Brave to talk about your own sister/daughter

I am pretty educated with mental health issues, but I never knew about BPD

Keep doing this

Remember the swimming (fitness more broadly) is an emotional regulation technique

Thank you for sharing Sasha's story and dedicating your time/efforts to helping students in need of help.

Thank you for sharing your story. I think it will be helpful for many people and helping people break the stigma

I am really sorry for your lost keep doing what you are doing Sasha would be very proud

I love this format you've giving me something to do and making me pay attention I 'm glad I did because validating would really help me in my life. Thank you for that!

I never heard about BPD before today

It was extremely brave and inspiring of Sasha's family to speak to us today.

Acting in videos could be more realistic.