

Movies for Mental Health

Post-Workshop Evaluations

Cerritos College
January 19, 2022

Approximate maximum attendance: 15
Number of evaluations: 13

In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

7 responses



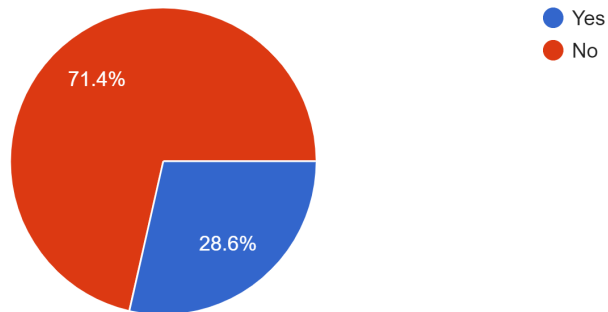
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

7 responses



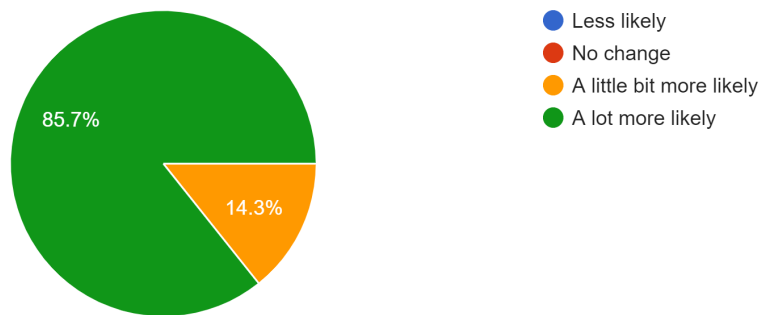
Did you know about the the Mental Health Services Act before this event?

7 responses



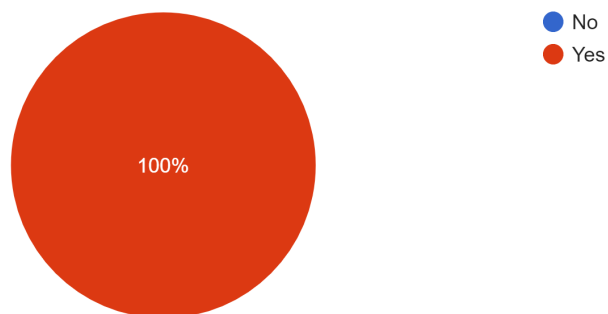
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

7 responses



Did you learn about new resources related to mental health and sexual violence?

7 responses

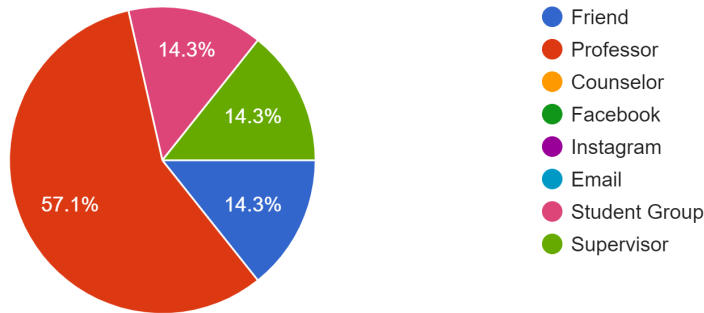


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- Art
- Referring to support groups & discussions
- Reaching out to friends or even strangers with a caring and understanding attitude
- Be more supportive , and take action to actually help the survivor

How did you hear about this event?

7 responses



What was your main takeaway?

- It is okay to ask for help
- More insight in mental health awareness
- Sexual violence is a very heavy and serious topic with much stigma surrounding it, like many other issues that affect one's mental health.
- Becoming more aware of sexual violence, stalking, and healing process
- I was able to get an insight on sexual violence and the stigmas along with it. Relating it to mental health awareness. and along
- Awareness about sexual abuse or any other kind of abuse , and know resource available to the community

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

A resource that is heavy but gives you the space to process

Supportive, powerful & inspiring

Friendly and informative

Private and informative

Informative resource

Inspiring

How might you use what you learned today?

Include space to breath

Using this information in my mental health class

Approaching not just sexual violence, but all mental health issues with more focus on care, understanding, and compassion

At clinical with my patients that are effected by sexual violence and stalking

Spread and share information

Supporting any victim

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

Culture & stigmas

Misunderstanding of topics and how to handle crisis

Not to blame but find a better understanding

Fear and lost confidence

Stigma

Major

Nursing - RN

2

Cognitive Science

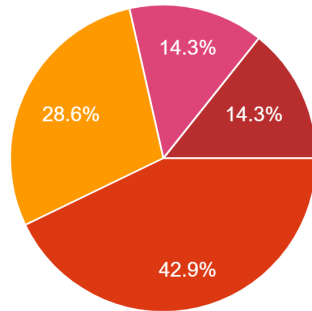
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R. N. program

1

Year

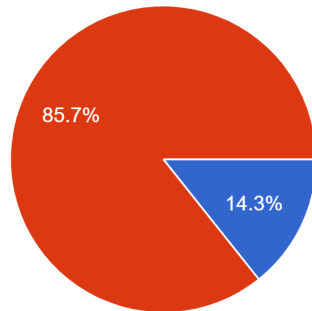
7 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

Gender

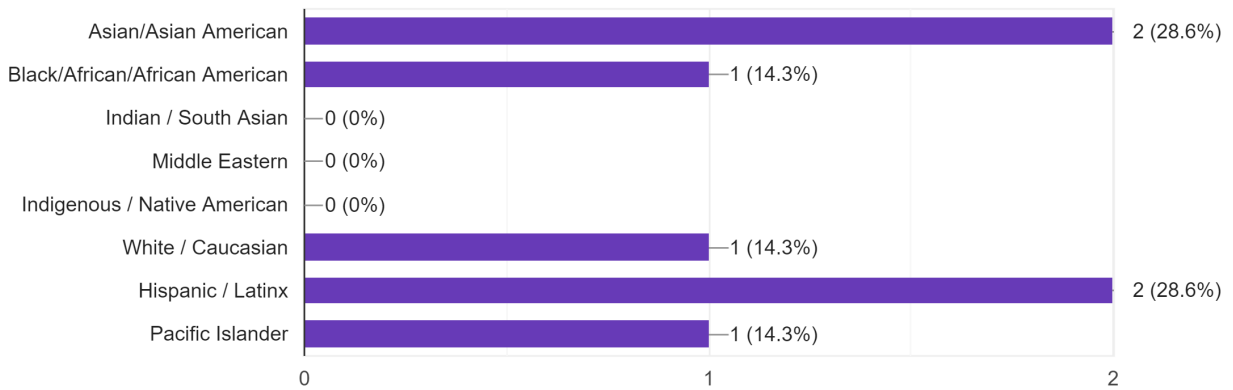
7 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

7 responses



Anything else you want to share?

4 responses

Awesome work everyone! :)

Thank you ladies for all that you do and offer to survivors

keep sharing your resources and please do not stop and helping others.

thankful to be a participant and get to meet such a wonderful humans.