

# Movies for Mental Health (Online)

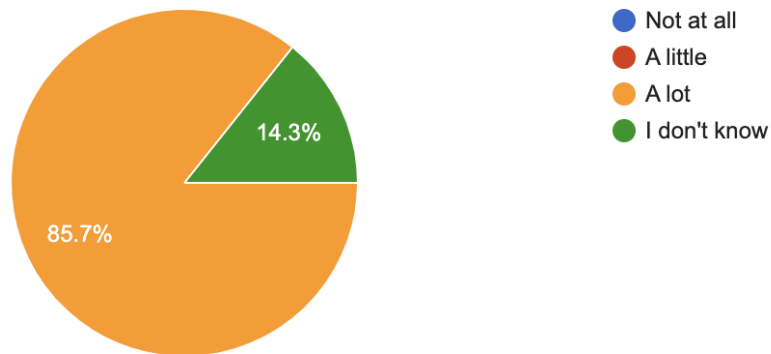
## *Post-Workshop Evaluations*

College of the Sequoias  
4.18.23

Approximate maximum attendance: 17  
Number of evaluations:9

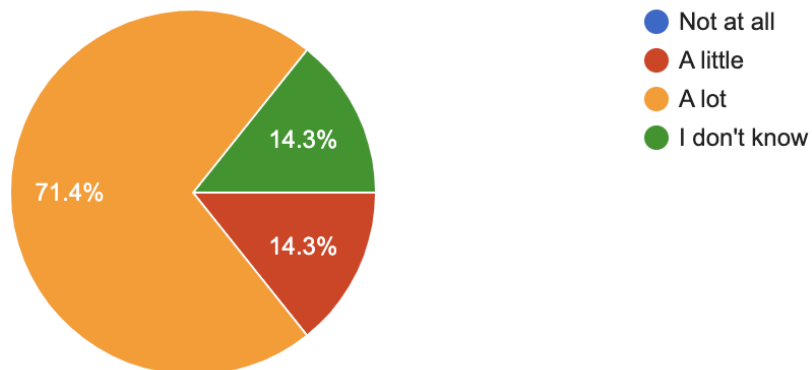
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

7 responses



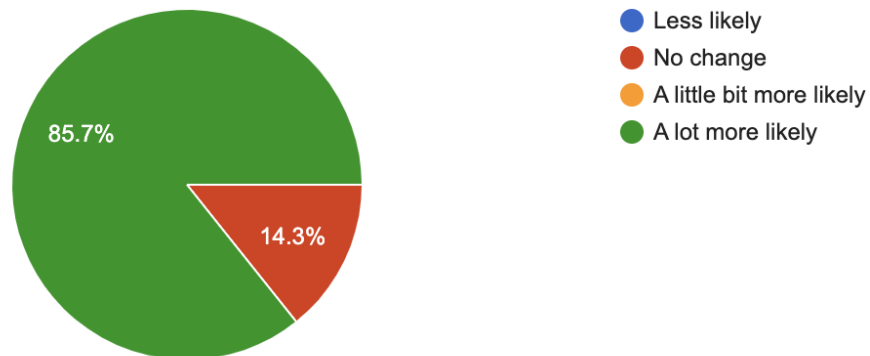
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

7 responses



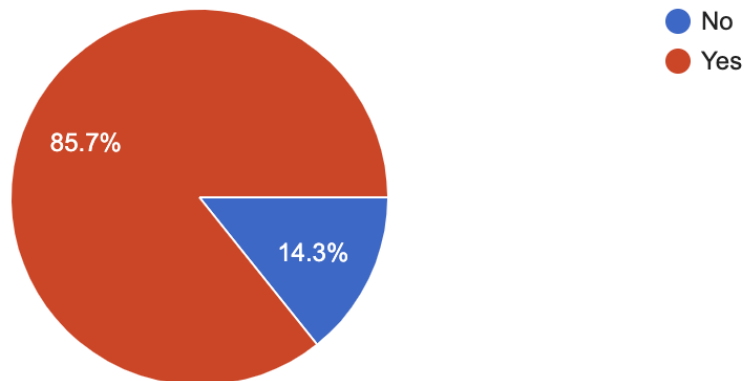
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

7 responses



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

7 responses

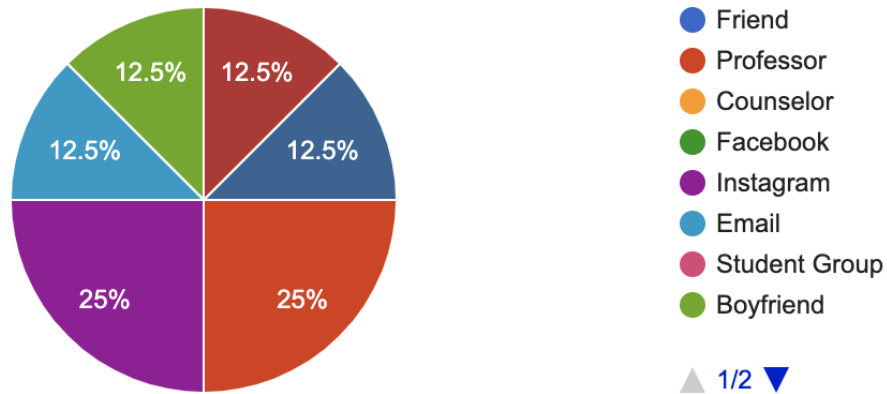


### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

Checking in with friends and family; my support circle.  
 Meditation as well as confiding in support systems.  
 Talk with someone. You are not alone.  
 Let them know that they're safe to talk about anything with me and will not be judged or criticized.

## How did you hear about this event?

8 responses



## What was your main takeaway?

Healing is not linear, takes time.

Not feeling alone if this ever happens. Knowing that I'm not alone and there are people willing to help me get help and reach out.

There is a next after being a survivor or sexual assault.

How we all have a role to break the stigma

Who conference was a main takeaway for me. Great job:)

Some forms of media/films can be emotionally expressive while still being informative. Sexual violence has a significant impact on the victim and the people who are close to them.

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

(Highlights: see raw data for full list)

Informative and eye opening

Inspirational, empowering, and a sense of community.

Impactful and an eye opener to issues not usually talked about.

Eye opening, inspiring

Helpful and relaxing

Informative and emotional.

### How might you use what you learned today?

I am more inclined to speak up when in a room of individuals showing/expressing stigmas.

I feel like focusing on communicating is always something useful especially in this case, but communication is key for a lot of things and any relationships.

I might use what I learned today by supporting a friend who might be a survivor of sexual assault.

Spread awareness to those who are victims.

Be able to better support a survivor who comes to me for help.

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

Limited knowledge, lots of stigmas

Nothing really, i haven't encountered anything that is barring or trying to silence survivors.

People who feed into stigmas and harsh stereotypes.

Not knowing that there is help and services for those who are survivors.

Fear of blame/shame. Not enough access to free/affordable long term mental health services to support effective recovery.

### How can we improve this event in the future?

Nothing! Everything was great and I'd keep it just the way it is, the host/panel was great!

An in person event would be amazing.

Sound/tech issues for in-person/online

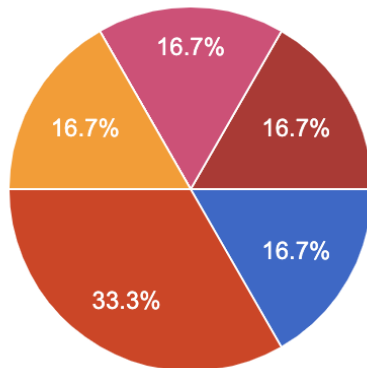
More video call meeting so it can spread this awareness!

A wider range of methods informing and giving advance notice about the event. Also that the event is available in person and online, is free, and is meant to benefit everyone not just for survivors.

Major	
Social Work	2
Pre- Health	1
Architect/Home Builder	1

## Year

6 responses

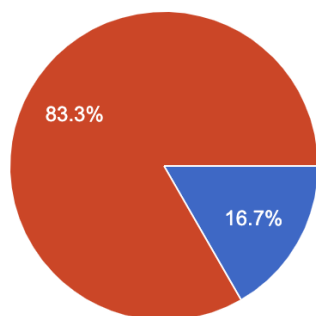


- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

## Gender

6 responses

 Copy



- Male / Man (cis or trans)
- Female / Woman (cis or trans)
- Genderqueer / Gender nonconforming / Non-binary

Race / Ethnicity	
Asian / Asian-American	
Black / African / African-American	
Hispanic / Latinx	5
Indian / South Asian	
Middle Eastern	
Indigenous / Native American	
Pacific Islander	2
White / Caucasian	
Multiracial	
Other	