

# Movies for Mental Health (Online)

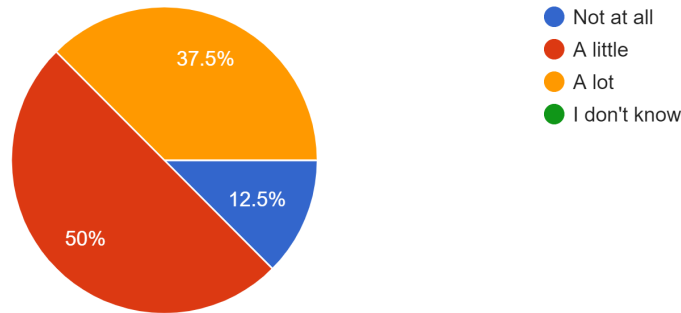
## Post-Workshop Evaluations

Connecticut College  
February 9, 2022

Number of attendees: 11  
Number of evaluations: 9

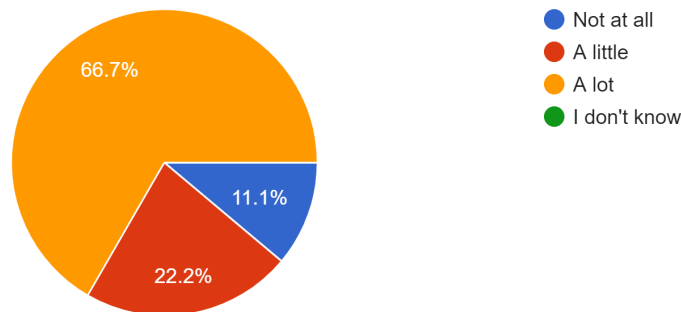
Did this workshop increase your awareness of mental health issues specific to queer humans?

8 responses



Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

9 responses



**What was your main takeaway?**

How interlinked queerness and mental health are
I have a lot to learn about the queer community so I can support my peers!
Being Queer is hard! But we are never alone
Queer identity and mental health intersect
I will no longer go to mental health workshops hosted by organizations I have not researched in advance.
I learned how important a role self expression plays in self care!
I can use art as a tool for healing

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

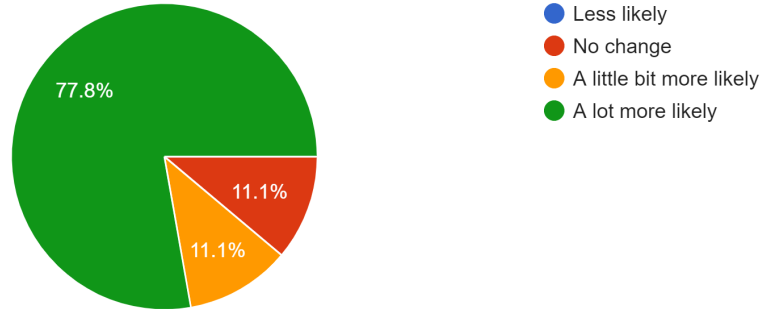
Having some gay ol' poetry time
Interactive
Empowering
Meaningful
A way to express yourself in poetry and hear from others
I would not recommend it
a really cool mix of seeing, sharing, and reflecting on art and one another
Fun, engaging, you get to participate in it

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

Make things through a connected lens
I hope to utilize what I learned today in my on campus job.
I will remind myself of this experience when I feel alone
Seek out queer mental health community
Def will be doing more handwritten poetry!
Journaling and writing more poetry

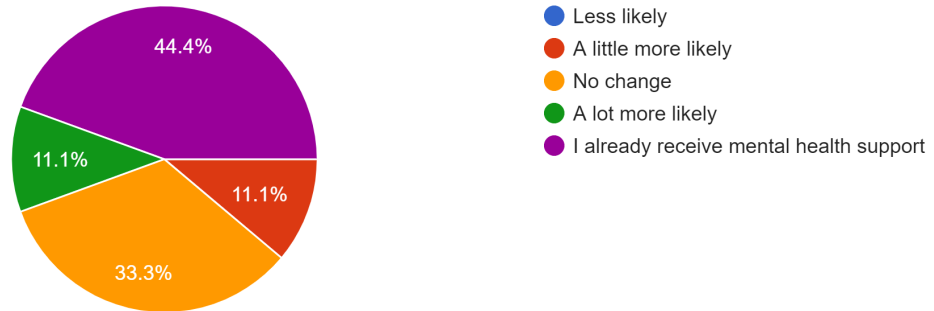
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

9 responses



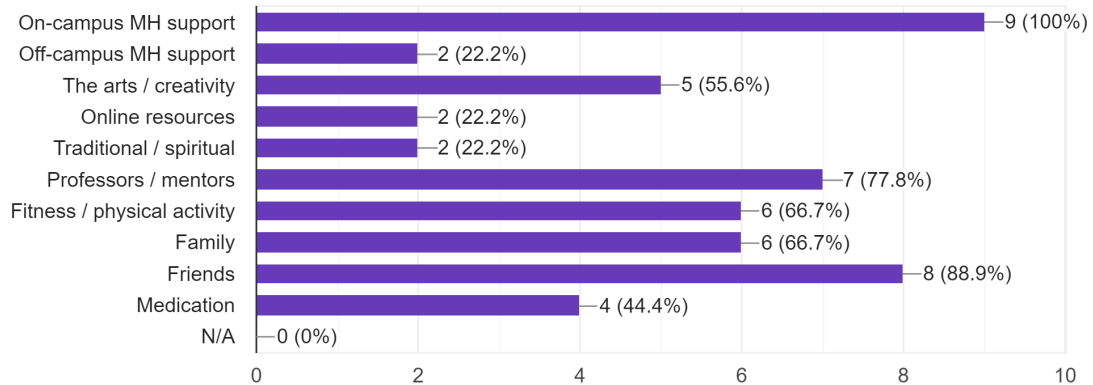
After this event, are you more or less likely to seek support for your own mental health?

9 responses



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

9 responses



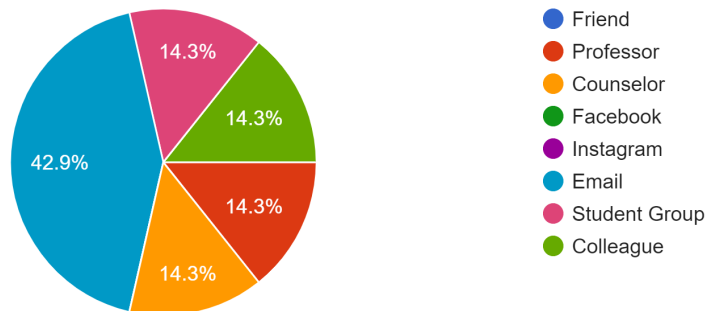
**What are the biggest barriers to your mental wellness and/or receiving mental health support?**  
(Highlights: see raw data for full list)

Time
Inertia and self-harm mentalities
Personal experience
My own fear
Meeting w therapist only once a week
Expensive

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

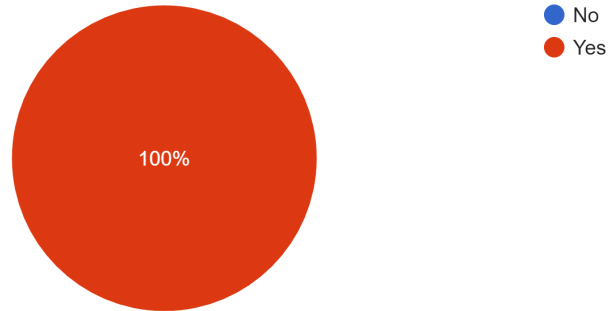
More audience commentary on poetry
I think this event was great!
Let people read their own poetry if they want, also more mingling time
The entirety of this workshop was done through a single oppression framework. It assumed a universal experience of queerness and essentially ignored other oppressions/privileges queer people face/possess. Intersectionality was thrown out as a buzzword once at the beginning of the work shop, and then never realized by the presenter in the rest of the workshop. This workshop and the way it was presented upheld most power structures it claimed to resist.
i know that it's probably not like the simplest thing ever but honestly just like making the process longer! I think it was lovely and would have really really enjoyed an extra like 10 minutes!
More writing? I liked that part

How did you hear about this event?  
7 responses



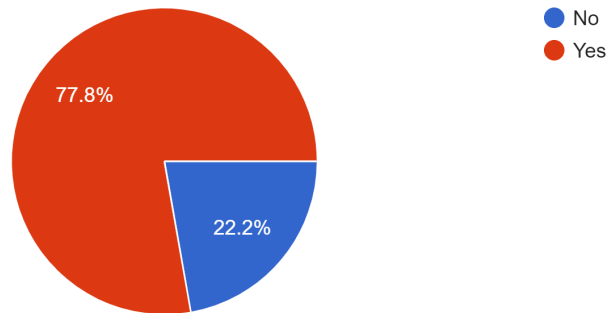
Before this event, did you know about your school's counseling services?

9 responses



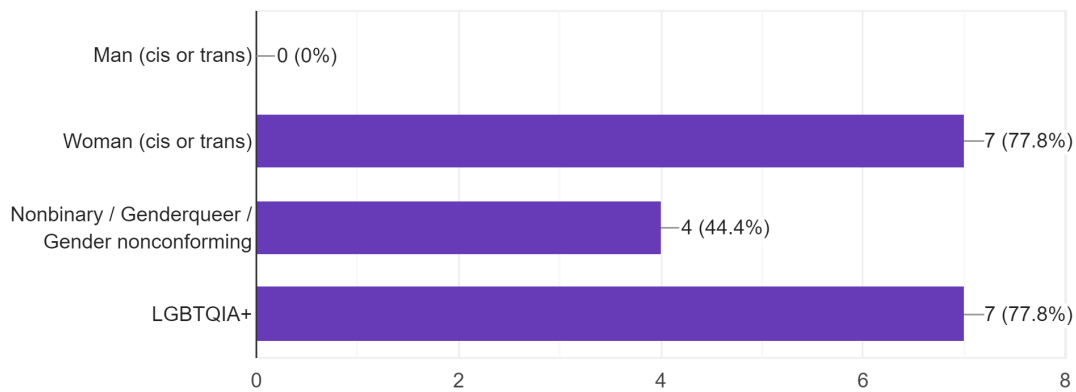
Before this event, did you know about the community resource(s) who presented on the panel?

9 responses



How do you identify? (Check all that apply)

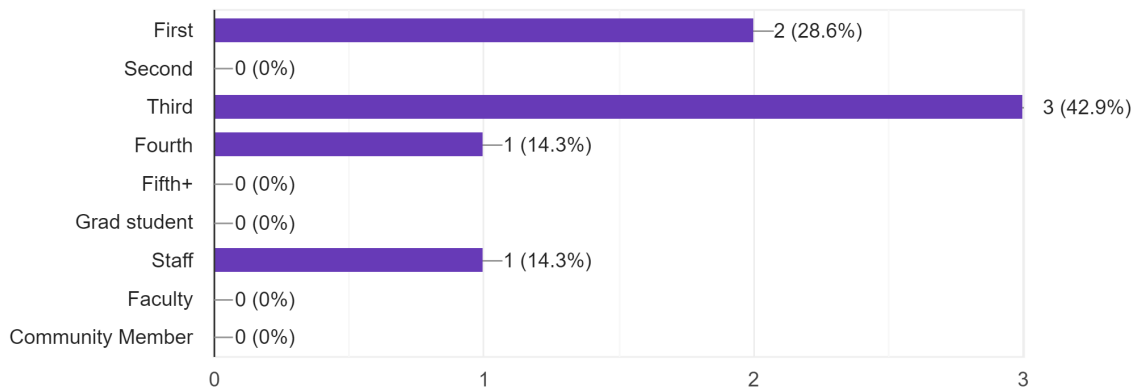
9 responses



Major	
Theatre	1
Sociology	1
English	1
Gender, Sexuality & Intersectionality Studies	2

### Year

7 responses



### Ethnicity

8 responses

