

Sanctuary Space

Post-Workshop Evaluations

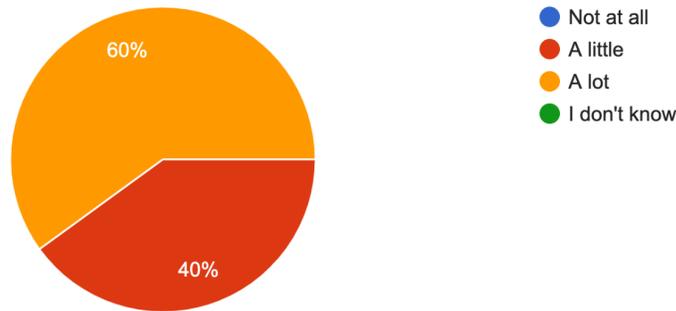
Horror Movies: Exploring Mental Health, Monsters and Stigma

October 20, 2022

Approximate maximum attendance: 48
Number of evaluations: 16

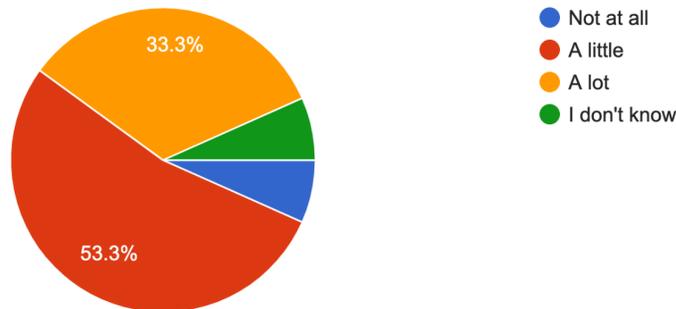
In your opinion, did this event increase your awareness of mental health issues?

15 responses



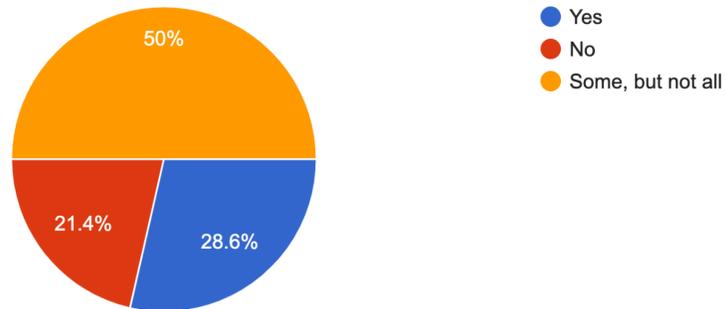
In your opinion, do you feel like you made a meaningful connection with other people?

15 responses



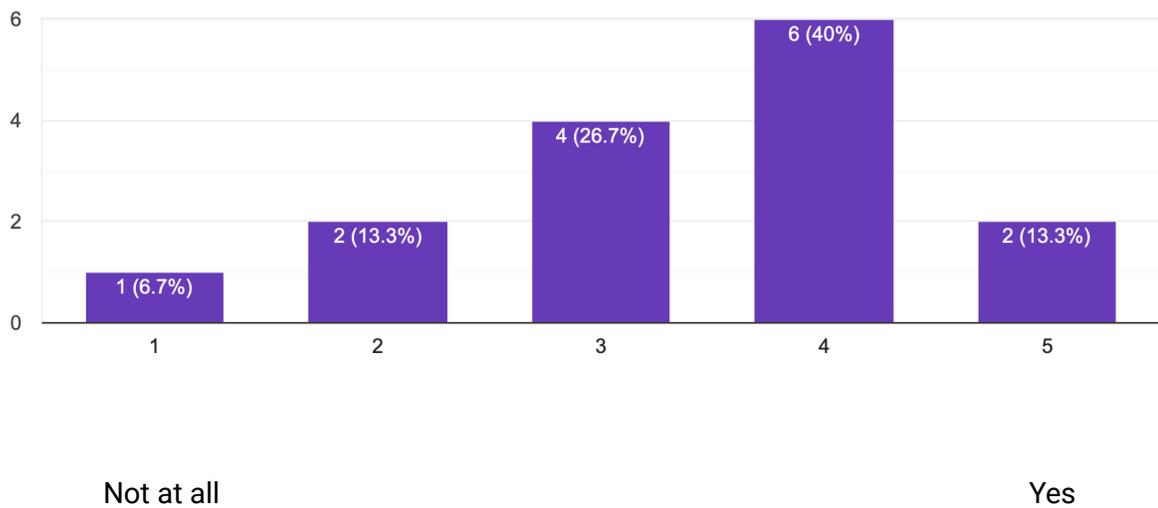
Did you know about the resources listed in the Shared Notes prior to the workshop?

14 responses



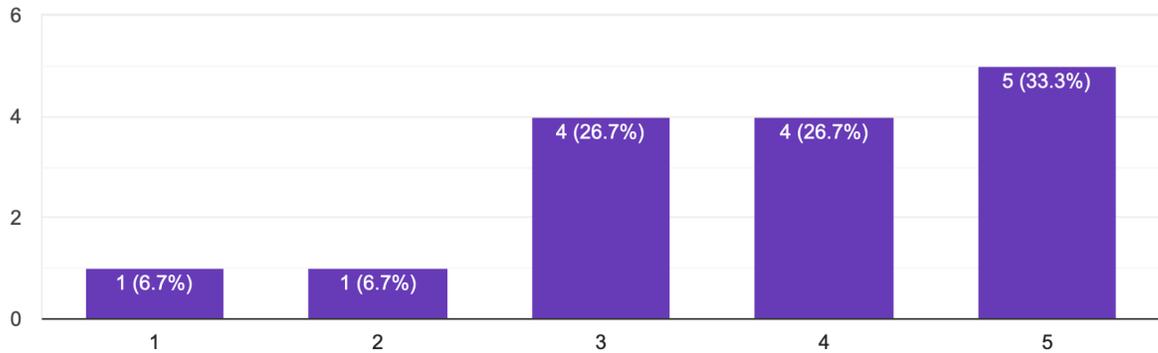
After this workshop, do you have new tools to support your own wellness?

15 responses



Was the topic of today's event something you think about often, or was it new for you?

15 responses



Not at all

Yes

What are your initial thoughts about your experience at today's event?

- I am very impressed by how professionally this was done, and how sensitive Cat and Aalya were to everyone's feelings and thoughts on the subject.
- such a creative and thought-provoking topic!
- It was phenomenal - I want more! Loved listening to Aalya and honestly want to listen to a podcast from her.
- It was really insightful. I appreciate the academic approach and interactive nature of the whole session. And the environment was very safe and comforting.
- I appreciate the inclusiveness, accessibility, passion and engagement within the really interesting subject matter. As well as learning more about AWI
- This was a great topic. I really liked we were able to cover many different themes and thoughts within horror.
- Shed some new light on classic horror fiction and inspired me to revisit them with a newer perspective. Inspired me as a writer to be conscious of stigmas I might be perpetuating in my own work.
- I thought it was such a lovely space to learn about mental health in horror and it had many thoughtful discussions to share with the audience.
- It was fascinating! Very well presented and thought-provoking.

- This was a great intro to a very broad topic, and gave a lot of points of entry for doing a deeper dive.
- Honesty and clarity welcomed!
- I was excited and curious.
- I like the format - sometimes on zoom I feel anxiety even when we can have cameras off, so I liked being auto muted and being able to use the chat. I believe this event or something like it was held last year, plus this is a topic I'm into, so not much of the content was new. I enjoyed myself and hearing new input in the chat. I had to dip at 5pm to go to therapy and wished I could have seen what that last 30 mins offered.

What was your key takeaway?

- That mental health is indeed stigmatized, but we can also take back the power and use "monsters" to empower ourselves!
- reasons for horror from writers and artists
- how the horror genre can add to stigma of mental illness
- Accepting the monster in each of us
- See and understand your monster.
- That among taking in intense content it's important to ground and reconnect with yourself. As well that horror genre comes with beautiful artistry and deep meaning among with lightness and comedy.
- I have a better understanding of why I like horror films!
- The ending prompts of what we would tell our inner monster really stuck with me.
- That horror as a genre provides storytellers with unique ways to explore the human condition.
- Mental health has had a history of being stigmatized in media, but it is not something that actually makes someone just that illness. Representation also is shown differently across the board in different creations. Sometimes it will be taken to escape the horror people will live in their real life.
- That the "monsters" in horror films often represent stigmas and the undesirable "otherness" of people who do not conform to what is considered "normal".
- I had never really thought about the connection between emotional abuse and horror – it was eye-opening to watch The Shining from that perspective.
- Stigma means fake, stereotypes and negative
- Horror can be a tool for highlighting mental health stigma.

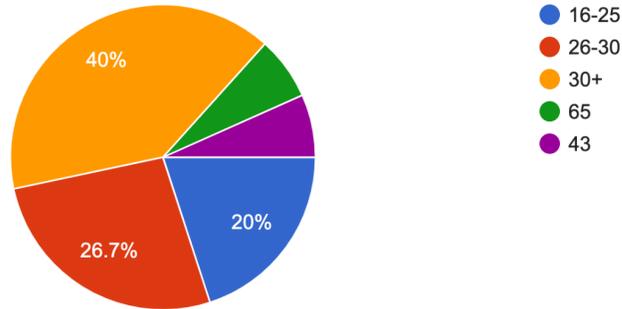
- To be considerate about how others may view representation of mental illness through a monstrous lens - I find it sometimes empowering, but this helps remind me of not being stereotypical or letting my own catharsis harm others.

How might you use what you learned today?

- I love writing horror, and I've been incredibly unsure about including my own diagnoses in the story (DID) but I have another way to approach that situation.
- use points brought up in discussions with other friends who love this genre
- I'm looking forward to connecting with friends and loved ones on horror films from now on! I've definitely interested in watching more horror and discussing them.
- To look at other forms of literature in the same insightful academic light with the sensitivity of mental health issues.
- Opening myself to the genre more about understanding deeper meaning and connecting MH
- Not sure yet, but I'll look at horror films differently now which is pretty cool
- Further exploring and challenging my thoughts while enjoying horror outlets
- As an audience member and storyteller myself, I feel more equipped to understand and critically appraise horror stories on a human level.
- To really look further into the message that literature or even films, and understand what the environment and story is saying.
- It gave me a lot more to think about in terms of how people with mental illness are portrayed. I am not a horror fan, so I don't think I will start consuming horror, but the ideas presented are very worthy of more exploration.
- I'll now be able to view horror films through that lens of how emotional/psychological abuse is used to create horrific situations. I'll also be more mindful of the language I use to talk about character traits & disorders that often show up in films (horror & otherwise).
- Sharing lived mental health challenges is empowering.
- As a screenwriter and film festival programmer, I can highlight horror and horror elements to spark mental health discussions.
- I'll use it in my own horror writing and potential film making, use it as inspiration for fresher ways to depict/incorporate themes of mental illness

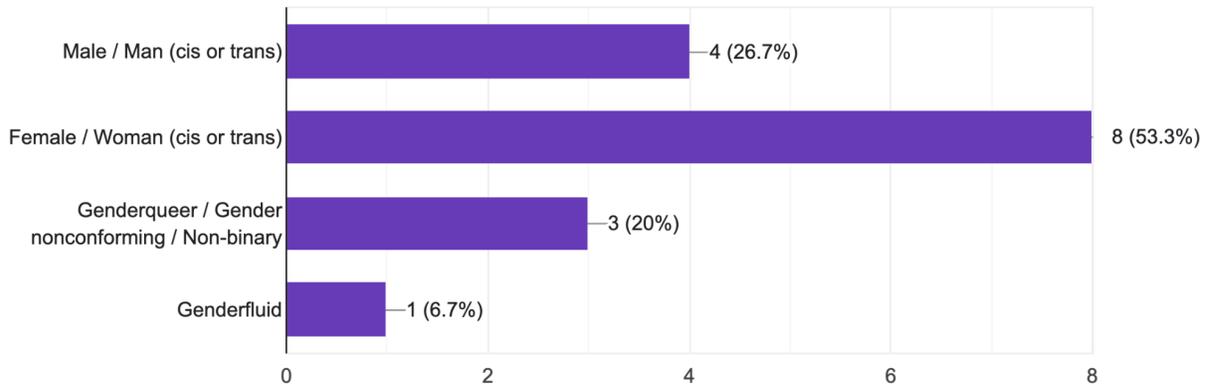
Age

15 responses



Gender Identity

15 responses



Ethnicity

15 responses

