

Movies for Mental Health (Online)

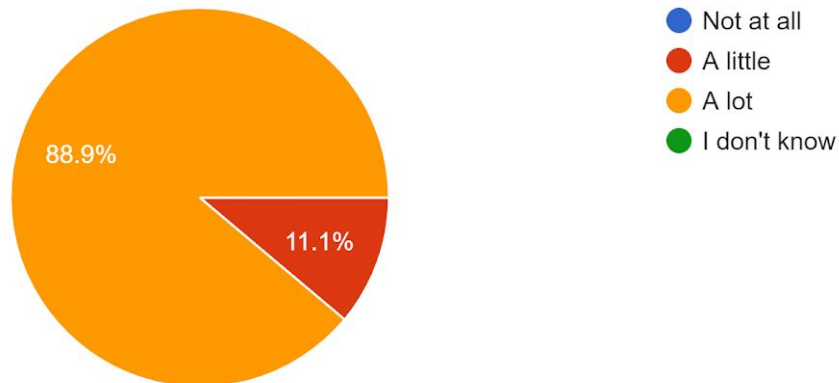
Post-Workshop Evaluations

McGill University
Sept. 22, 2020

Number of attendees: 64
Number of evaluations: 18

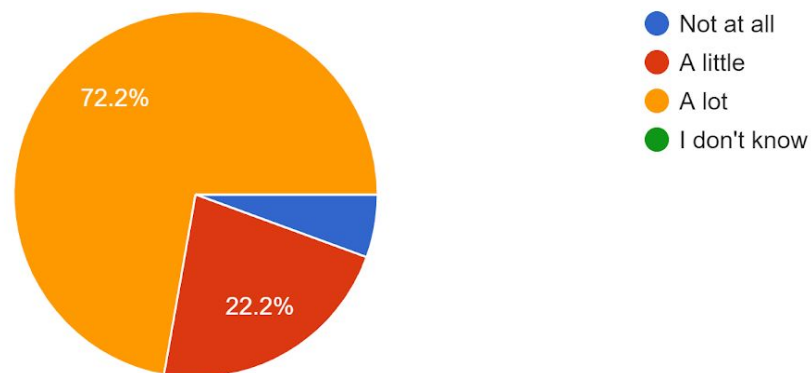
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

18 responses



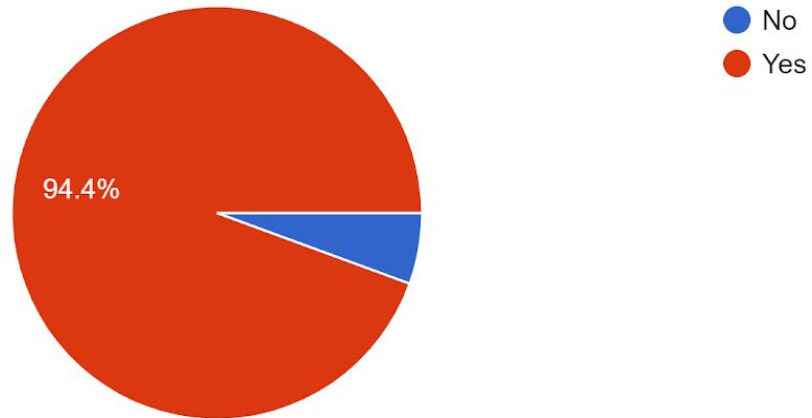
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

18 responses



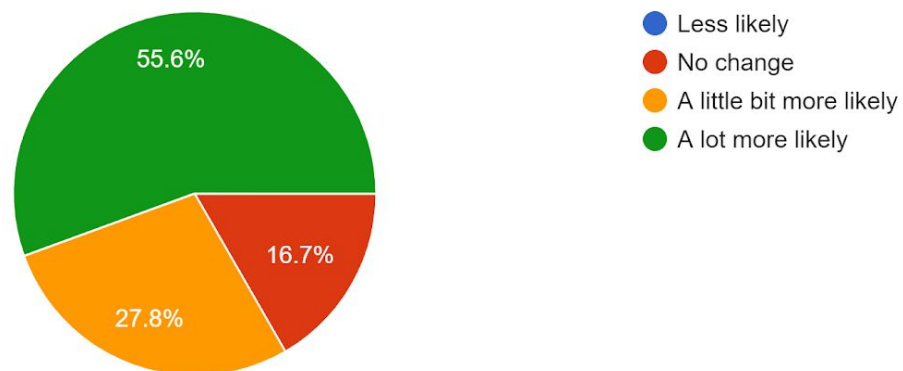
Did you learn about new resources related to mental health and sexual violence?

18 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?

18 responses



How'd you hear about this event?	
The OSVRSE	4
Student Health/Wellness Services, Email/Listserve, Amy/Nic from AWI	3 each
Friends/Classmates	2
Club, Colleague, myinvolvement.mcgill.ca	1 each

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

- It's good to know about the McGill resources!
- external resources
- Perhaps contacting one of the resources mention to ask for advice if someone has disclosed to you that they have experienced sexual violence and how to respond in a helpful way
- Try to judge myself less
- Be an active listener with my friends and family and applying these conversation techniques with myself, to acknowledge how I feel
- active listening and being non judgemental towards sexual violence survivors
- Not sure. I still need to figure out how to deal with flashbacks
- I think I need to reach out to some people in my life about something I experienced.
- I will reach out to support organisations and groups
- Friends and family are always there to support
- I will definitely attend more workshops and pay more attention to the people around me.
- Use my voice and share what I feel
- Make sure I check on my friends and I am patient.
- open discussion
- empathy and compassion

What was your main takeaway?

- You can help and be helped in many ways, and there is a lot of people you can talk to
- I appreciate the very many approaches that exist to destigmatizing having lived through sexual violence. What a great panel that was.
- great people working to help
- My experience is my own, and I should not compare to others
- Healing is complex and takes time, but it's worth it
- So many people experience stigma with healing after experiencing sexual violence but it doesn't have to be that way
- Too many people experience sexual violence
- Having more conversations are important
- The importance of seeing what healing looks like to 'guide the way' and show others it is also possible for them
- Mental health
- How individual the experience and impact is, and how helpful and powerful being given the right space to share your experience can be in some cases
- There are long lasting effects of SV that someone who has never been assaulted may not be aware of, or know how to pinpoint.
- Sexual violence is a very difficult topic and quite difficult to approach.
- The movies, the self confidence also
- A quote from participant "J": "I'm sorry you had to go through this. Thank you for trusting me and I hope you are safe now"

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

- useful, informative, important
- Insightful
- Touching and empowering
- Healing
- Thought-provoking
- powerful and interesting
- its very much different what i thought, but it was too good, excellent.
- A really useful way to frame your understanding of sexual violence in the context of sexual health, and that it helps you find a way to discuss these topics by responding to film/art rather than trying to conjure up a scenario in your mind
- A good insight into the world of a survivor through short films.
- Eye opening
- Powerful, moving, important
- Useful
- very personal

How might you use what you learned today?

- I will pay more attention to my own mental health and to the mental health of my loved ones
- Good to know about those resources - that may come in handy.
- To be more mindful of conversations
- In my volunteering supporting my peers
- More kindness toward myself
- Remember to breathe
- I will use the videos in my practice and refer people to these resources
- by supporting others
- The last film really reinforced this idea I've been struggling with about not always believing your inner voice outright, that what you think/feel about yourself may not be the whole truth
- It will allow me to be more aware and I wish to take action and continue to attend workshops.
- To learn/research more about the topic
- To help support sexual assault survivors
- Be more aware of how im feeling, follow more the events by the wellness hub, watch de short films
- when advising students

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

- stigma, culture, specially in Mexico
- Probably shame and stigma. :(
- Sexist culture, stigma
- Shame
- Treating them like delicate little flowers instead of independent people
- The stigma, especially for male survivors.

- Personally I find it is still quite difficult to be friends with people of the opposite sex because I feel I'm always checking my language and behaviour to not 'give someone the wrong idea' or 'lead them on' and I think that plays into our expectations
- Stigma and believing the assaulter.
- Making people be comfortable to share. Even if you want, unless people share you cannot do anything.
- The stigma around mental health, the automatic and non-conscious judgement from relatives when talking about the subject
- stigma

How can we improve this event in the future?

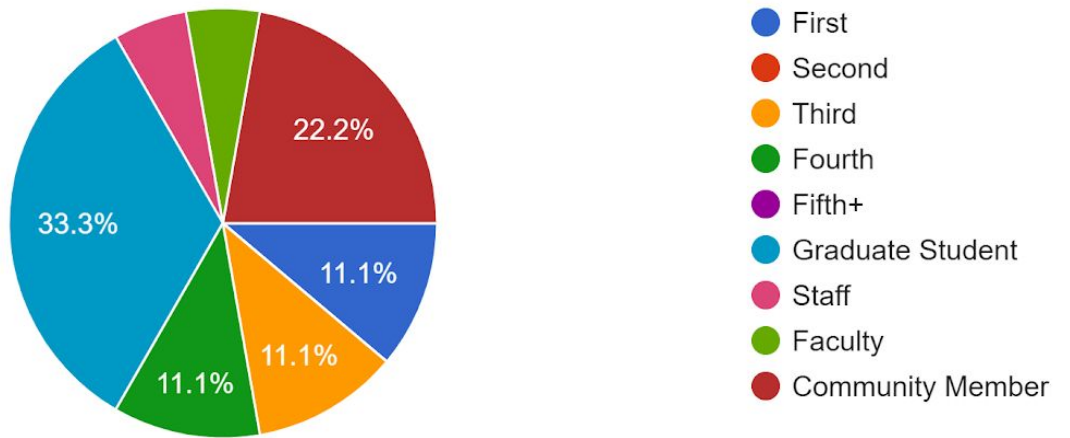
- Have closed captions for people who need it
- More time? It was great discussing the movies and I'd love to have more time to do it
- A little bit more response time, connect people with therapists in the community
- Address and/or name gender dynamics at play (impact of patriarchy, racism, etc).
- difficult to say but, I will do it in future
- Even more prompts from the films; they were great and I would have liked to discuss them in even more depth!
- I wish it was in person!
- Maybe a bit more videos?
- Record the session for people who have classes at the same time, however, it is reaaaally good how you put the links to the resources and material in the chat so we can access what we missed. Also, the event is very interactive, flowing and efficient, it gave me confidence and made me feel safe and free to share so good job, looking forward to other events
- not sure, I thought it was very engaging and Natalie was great.
- Maybe there is someone that has committed sexual violence, and feels shame, feels regret, feels like trash. What can someone do if they want to let go their past, if they know today they are doing the right thing, but still feel guilty and not worthy to live?

Major	
Cognitive Sciencee	1
not a student	1
Psychology	1
Mental Health Counselling	1
Integrated Program in Neuroscience	1
Music	1
Dental Sciences	1
faculty member	1
graduated a long while ago. psychology and then social work	1

microbiology	1
Immunology	1
Learning Sciences	1

Year

18 responses



Gender

18 responses



Race / Ethnicity		
Asian / Asian-American	1	6%
Black / African / African-American		
Hispanic / Latinx	2	12%
Indian / South Asian	1	6%
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian	13	76%
Multiracial		
Other		