

# Movies for Mental Health (Online)

## Post-Workshop Evaluations

National University  
April 6th 2021

Approximate maximum attendance: 29  
Number of evaluations: 22

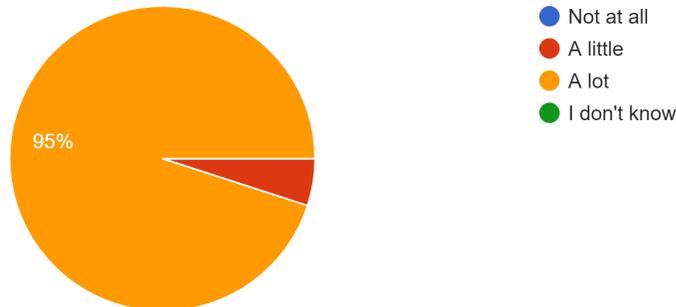
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

20 responses



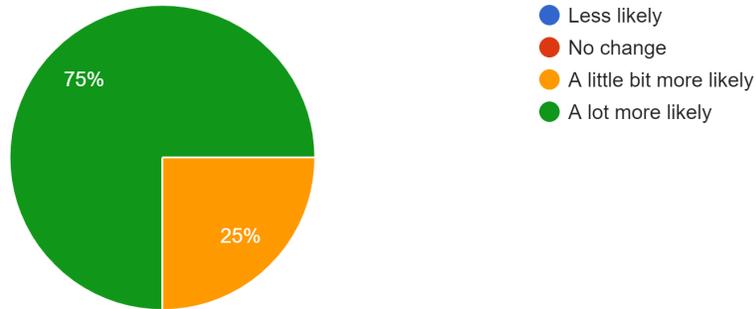
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

20 responses



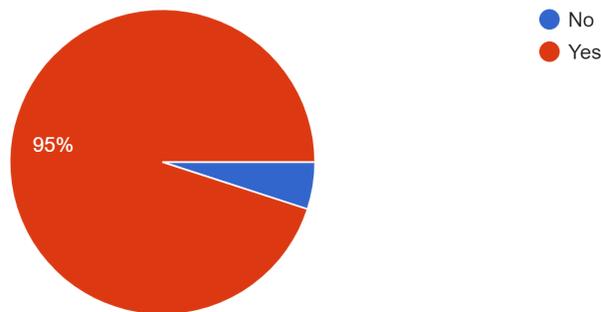
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

20 responses



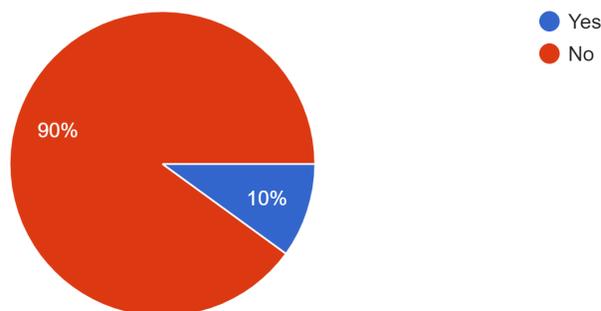
Did you learn about new resources related to mental health and sexual violence?

20 responses



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

20 responses

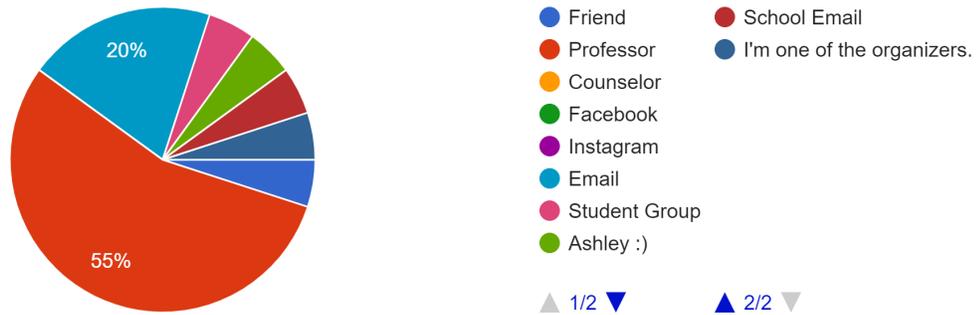


## What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- The panelists all spoke of healing on their own time. It's important to be supportive and not rush trying to fix everything.
- Becoming more involved with programs offered through NU to support healing for others.
- Reaching out for anonymous support
- Creating safe space for having discussions for people that have experienced trauma and removing the stigma.
- Listening, giving them space to heal but reassure them that you are there in anything they may need
- Talking to others, using the site Ashley talked about
- Seek help
- I'm able to be more supportive.
- THERAPY
- Center for community resources
- Be available to friends
- Make sure others talk about it and I would help them find help.
- Going to therapy
- Now I have an idea of resources that are available.
- allow others to heal in a way that is best for them.
- Better listening skills, asking questions.
- Having a discussion, books, and trying to understand someone's trauma

How did you hear about this event?

20 responses



### What was your main takeaway?

- People process sexual trauma in many different ways but it is really important to allow someone to heal at their own pace when they are ready
- We need more awareness and open conversation around this topic!
- My main takeaway is that we are all in this together and we must help breakdown the stigma behind sexual violence as we support each other through our encounters
- It is not our/their fault and we/they are not alone.
- Everyone is different and everyone processes trauma differently
- If you want to help listen to what people need from you
- We need to destigmatize the effects sexual violence so we can better support victims.
- THAT IT IS IMPORTANT TO GET HELP AND NOT KEEP IT TO YOURSELF
- There are resources and so much support around us in healing and recovery.
- We are not alone and the stigma needs to end.
- That mental illness & mental wellness are not the same continuum.
- healing happens at different times and on different terms for everyone
- I am not alone.
- healing on your own takes time, understanding not solving

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

- A safe space to learn more about healing from sexual violence and how to help others.
- An empowering moment to speak and gain information on Sexual Assault and Stigma.
- Informative, welcoming, necessary in bringing awareness
- An intimate and educational look at Sexual Assault.
- Informative, welcoming, necessary in bringing awareness
- Informative
- very informative and helpful
- ENLIGHTENING
- Informational
- Helpful and supportive
- Very informative
- Great info that no one talks about. Don't brush it under the rug!
- Empowering
- Very comprehensive. Powerful but very safe.
- Informative
- the workshop is geared to remove the stigma behind sexual assault
- welcoming

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

- I have a better understanding of how to help someone who may be a victim of sexual violence. I feel like sometimes not knowing how to help a person is the reason people don't try.
- I've saved the resources. I also learned tips on how to show support in a healthy way.
- I can offer resources to people I may meet down the line who are victims of sexual violence.
- To educate myself further on different resources NU offers and utilize them/share them with others

- Spread awareness of the topic comes up within conversations I may have with others
- Share in my Mind & Body Wellness Student Organization
- In my everyday life and my own trauma.
- I would use what I learned today when a friend confides in me.
- TO HELP OTHER PEOPLE IN MY LIFE WHO HAVE DEALT WITH THIS VIOLENCE
- Helping others
- Being more aware
- Help others.
- encourage others to speak up, attend these workshops, and show people the videos
- every situation is different and should be treated as such.
- Be more aware and vocal. Be able to communicate to others the definitions of sexual violence and stigma better.
- being supportive and listening to those who have been in trauma, making sure not to assume, like the panel said everyones been through different things

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

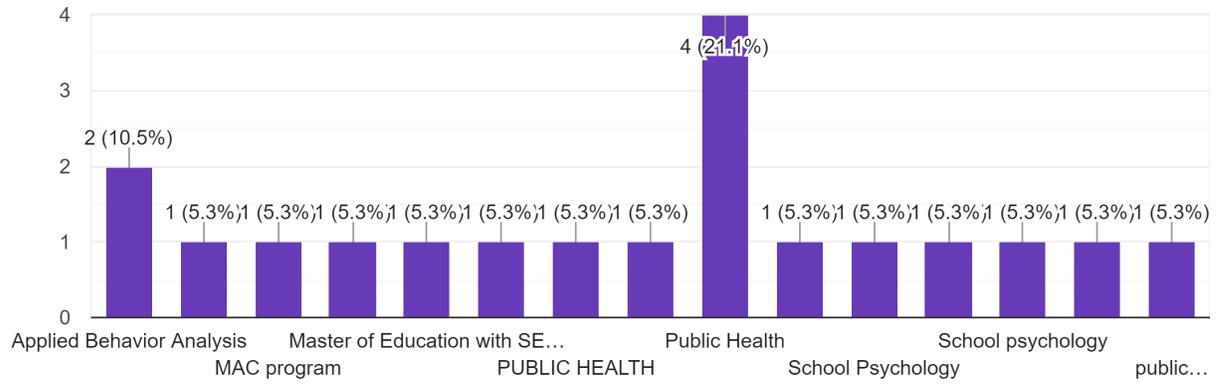
- I think the lack of education on how to help others who have experienced this trauma
- Stigma and a lack of engagement due to our online student population.
- There isn't enough outreach virtual webinars like these; they are usually spread out
- The sex focused media, news, and world we live in.
- Fear of stigma
- Stigma
- STIGMAS
- Stigma
- Mutual understanding of trauma and support
- Too much stigma.
- THE STIGMA
- stigmas
- Stigma.
- victim shaming

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

- Provide it more often.
- The event was great and well organized. The only thing would be to do more events like this.
- OFFER IN PERSON (AFTER COVID OF COURSE)
- Nothing everything was great
- make it into shorter sessions
- I thought it was great, no improvements I can think of initially!
- I think it was great.
- Have more!!!
- /not sure!
- I thought it was great just the way it was. It was interactive, engaging and educational.
- I loved it. No recommendations.
- You can't. It was amazing!

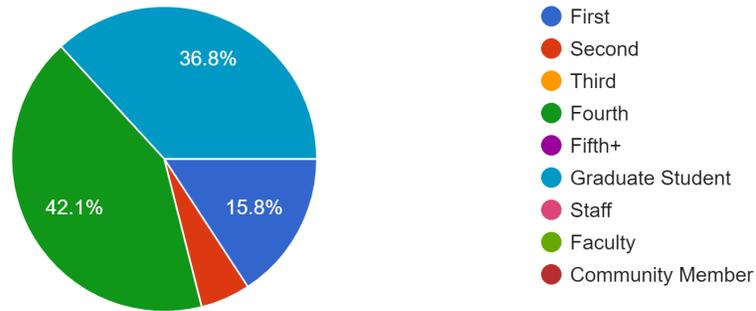
### Major

19 responses



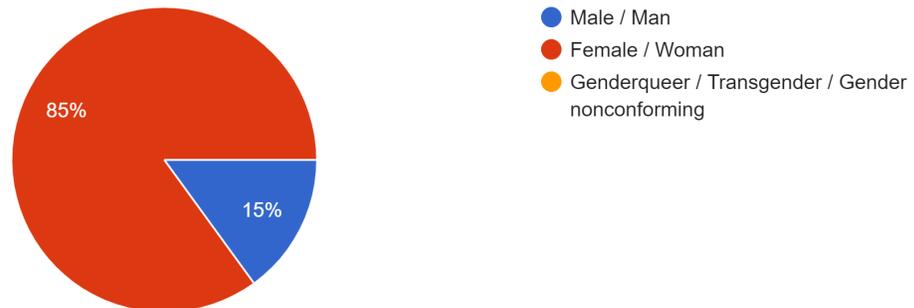
### Year

19 responses



### Gender

20 responses



### Ethnicity

20 responses

