

# Movies for Mental Health (Online)

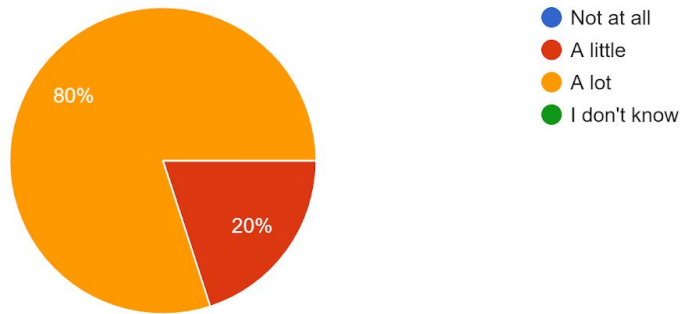
## Post-Workshop Evaluations

Queen's University  
February 24, 2021

Approximate maximum  
number of attendees: 33  
Number of evaluations: 20

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

20 responses



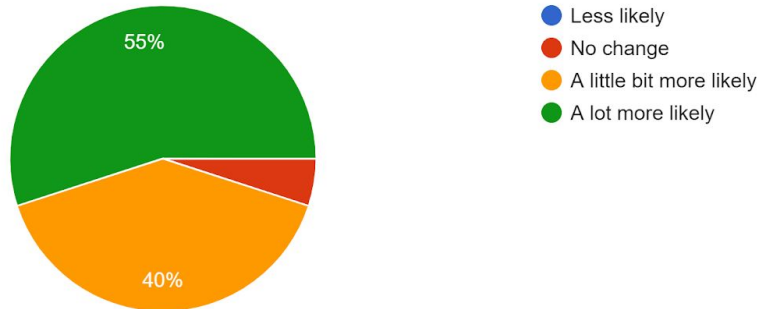
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

20 responses



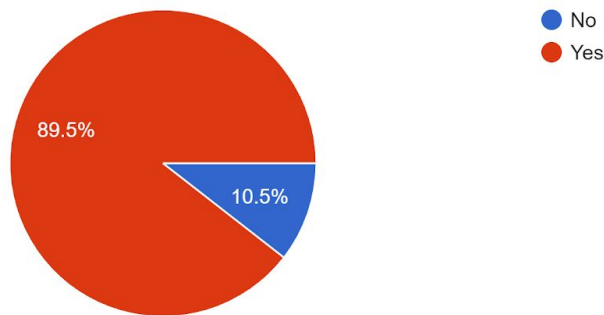
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

20 responses



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

19 responses



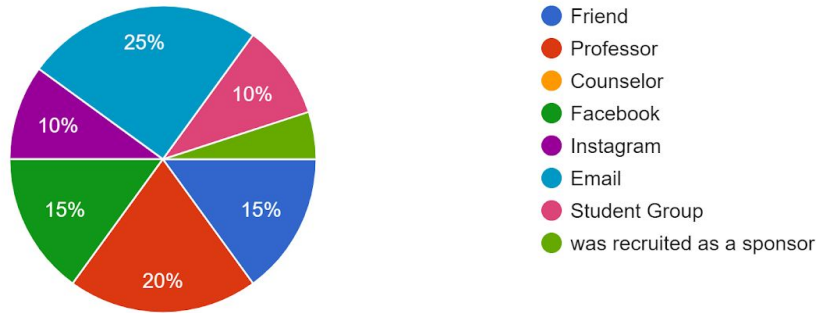
### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- The body scan we did; knowing internally that my experiences are valid and not uncommon, so I'm not absolutely alone in this
- Offering more space for people to talk, being more aware of my friends behaviours / changes in them
- My practice is about healing from trauma. This has given me additional resources for clients.
- Patience, and a bit more understanding. Actually "being there", needs to be more than just saying so.
- I will take more comfort in the fact that my healing patterns may not follow what I may have seen depicted in the media. Likewise, I will extend this to friends/family/others who I may come into contact with.
- using mental health resources and sitting with my emotions more
- journaling and writing to my younger self

- being kind and patient to myself
- Listen
- awareness and acknowledgment
- Reaching out for help
- references
- breathing exercises
- Revisiting some of the films that we touched on and recommending them to others.
- empathic listening
- Seek help from a therapist, journaling, meditation.
- communication and listening

How did you hear about this event?

20 responses



### What was your main takeaway?

- That we all heal differently and each one is valid
- sexual violence is a very personal experience and that there's no set way to respond to trauma
- remembering how important self compassion is
- Education about mental health and sexual violence and how it differs from individual to individual!
- Be kind and patients with yourself and others, reach out to loved ones you fear may be struggling
- As a survivor you are not alone
- Mental Health is not just taking time for yourself and reflection but opening and sharing your experiences/tools for healing or self discovery for others
- People don't need to suffer alone. This type of event is fantastic and informative, but it needs a bit more exposure
- It helps to be able to open up about these topics, because it is still not discussed nearly enough.
- My main takeaway is that sexual violence and sexual healing presents itself in many different ways, often unaddressed by mainstream media.
- How consent isn't finite
- Self-healing is different for everyone
- increase the action after trauma
- Body Scan practice
- healing timeline is different for everyone
- How engaged Queen's students are in helping one another and getting this message out.
- stigma about sexual violence

- More needs to be done to help people be aware of mental illnesses and wellnesses.
- I very much enjoyed the slides on stigma and discussion around how each person's feelings towards the topic is unique to them.

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

(Highlights: see raw data for full list)

- Wonderful energy, very inclusive and caring.
- It was extremely helpful and it felt nice to be in a group. It felt different than I usually do when I'm in a Zoom meeting; it felt a lot more personal than just staring at a screen, because there was a fair bit of interaction and invitation for us participants to engage with the subject matter.
- Super validating, warm environment.
- Resourceful and informative
- Emotional and uplifting
- effective and informative
- A safe space for you to learn and grow
- Educational
- welcoming
- powerful
- Empowering, validating, informative
- Eye opening
- reminding/valuable
- meaningful, emotional, validating
- Very descriptive from the moderator and through the movies.
- Artistically insightfully

## How might you use what you learned today?

- I already see myself using some of the info and resources that I learned about today in helping people who are maybe less aware of sexual violence to understand what it means and its impacts.
- I am still healing from trauma, so I know that I will use a lot of this in continuing with my healing journey.
- Just to be aware of the impact that sexual violence can take on a person, and to be aware of the subtle signs that something may be wrong so that help may be offered.
- I will use the messages from today to support someone close to me who has recently experienced sexual trauma
- Be more open talking about sexual violence in hopes of making it less of a stigma.
- in daily practices such as breathing, body scans, and journaling
- begin conversations with others to reduce stigma
- Using colour in my body scan practices
- give myself permission to take things on my own time
- Helping out myself and others if they ever experience this
- more comfortable to address sexual violence and the healing process
- I loved the video about talking to your past self/inner child, and is something I'm going to incorporate in my own journey of recovery and healing.
- Use the self care tips that were shared
- to check in with my friends
- for personal or supporting others

- Will definitely stay in contact with AWI.
- Knowledge of resources of something to check out, and potential resources to recommend
- in therapy with my clients

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

- At the moment, the biggest barriers to my personal community is generational gaps. In quarantine I'm back to living at home and notice that my older family members still hold some worrisome views about sexual violence. Another thing that makes the conversation difficult is stigma if sex acts in and of itself.
- I would say that my home community does not have enough trauma resources, so I am keen to look into more of the online resources that were discussed/provided in this meeting.
- breaking down stigma. I feel like the fear of reaching out, not only to ask for help but also just saying that someone has experienced sexual violence, can be very debilitating
- My community is rural and not a lot of acknowledgment of mental health.
- Lack of discussion, no real discourse available
- lack of promoting of safe communities
- stigma and lack of information
- Stigma & active silencing
- fear of being alienated and shunned
- Stigma, fear of judgement
- stigma
- stigmas within the community and across cultures
- Stigma, feeling alone
- Stigma and lack of acknowledgment
- stigma, or awkwardness in talking about the subject
- stigma, police not taking these reports seriously
- Stigma and old ways of thinking
- fear of not being believed
- Stigma and fear.

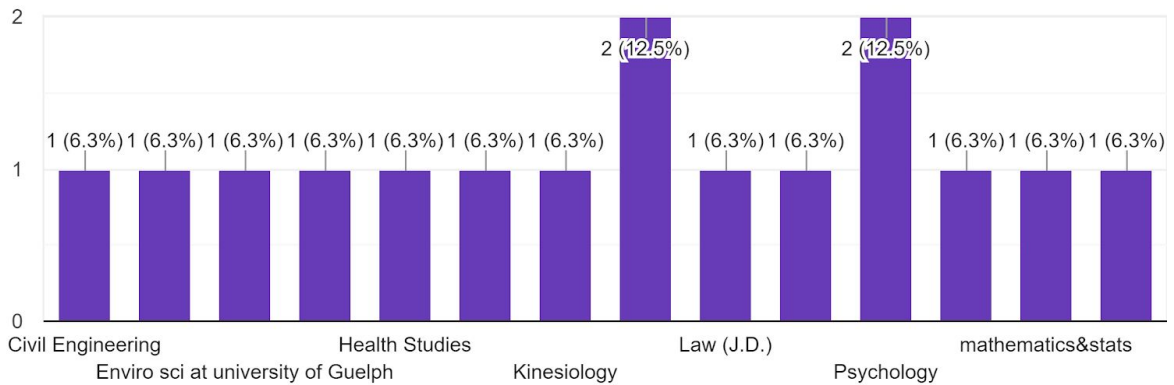
### How can we improve this event in the future?

- Maybe just better/more marketing because this is an incredible event that I think could reach a lot more people and would be very beneficial
- I only heard about this from our professor - more exposure could be helpful, but the event itself is solid for getting some information out there
- I would suggest trying to collaborate with a partner in graduate studies/even consider reaching out to the Faculty of Education for collaboration.
- A bit more advertising. I wish that this event would've been known (and shown) to more people.
- I would like to see this (and maybe it is) built into some other trainings and programs already being delivered by agencies and institutions such as Mental Health First-Aid. I've done so many versions of mental health trainings and my academic background is in psychology and sociology, but as everyone was talking tonight, I realized we spend so many hours on other aspects of mental health and little to no time on this topic. I will be suggesting it as an add-on to future staff training.
- Slower speaking pace
- I really like the polls! If possible it'd be really interesting to see my stats of the group
- Also talk more about different genders

- N/A - it was amazing!
- No improvements needed
- it was so amazing i can't think of anything :)
- do not change a thing
- You may want to ask how people form groups by their mental trauma and keep talking about it negatively instead of positively and maybe how gen z vs millennials tend to deal with it stigma.
- As a sponsor, I was not aware that the topic was sexual violence. I thought it was about mental health and how to reduce stigma. I was sent an anxiety video and thought this it was about anxiety
- This event met everything I was expecting and hoping for.
- Not sure, I had a great time and I really appreciated it

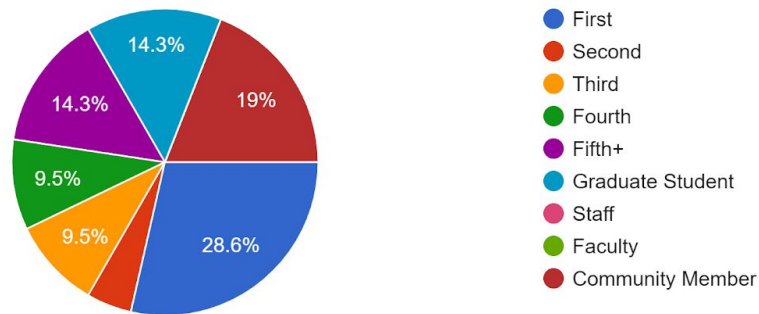
Major

16 responses

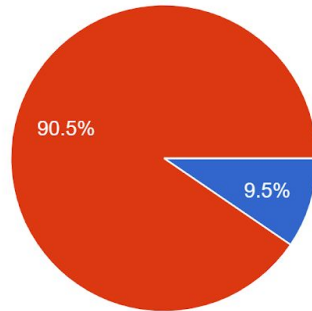


Year

21 responses



Gender  
21 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-Canadian	2	10%
Black / African / African-Canadian	2	10%
Hispanic / Latinx		
Indian / South Asian	3	14%
Middle Eastern	1	5%
Indigenous / First Nations / Métis / Inuit		
Pacific Islander		
White / Caucasian	14	67%
Multiracial	1	5%
Other		