

# Movies for Mental Health (Online)

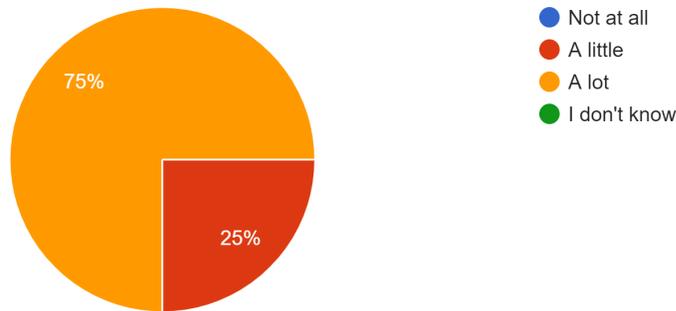
## Post-Workshop Evaluations

Queen's University and St. Lawrence College  
November 18, 2021

Approximate maximum attendance: 40  
Number of evaluations: 28

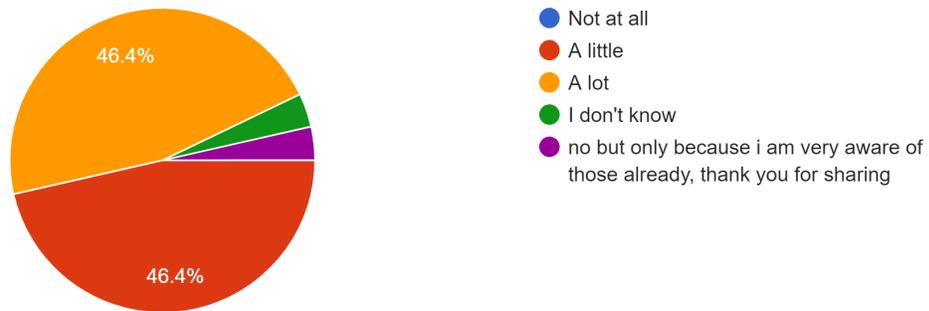
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

28 responses



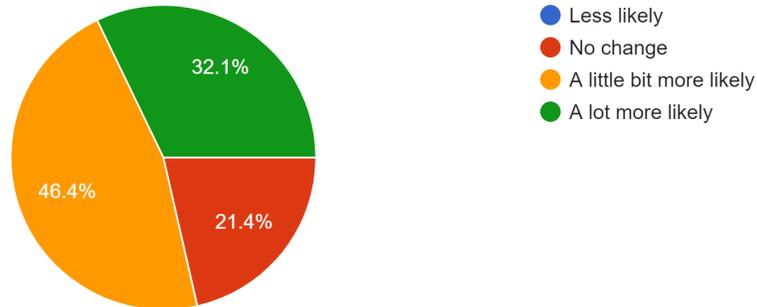
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

28 responses



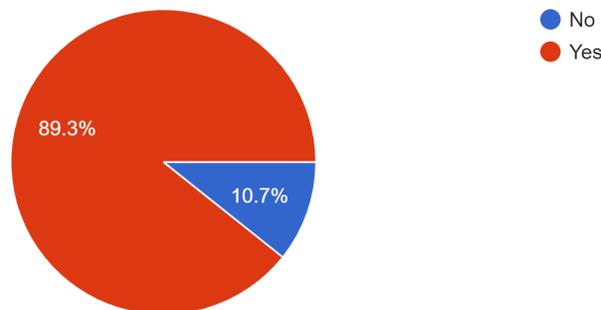
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

28 responses



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

28 responses



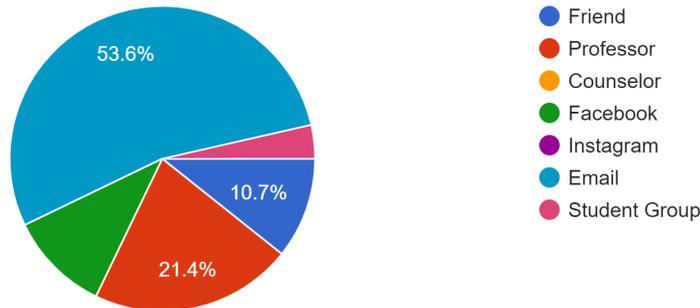
### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- As someone who jumps to create a solution, I think that I now see the importance of active listening and creating a space for the person to talk to me.
- Actually talking about it, and checking in with people
- Listen to others and acknowledge their struggles. Also support them in the ways they wish
- Showing my belief and giving them the time they need no matter how long that is.
- Making sure that everyone I know is aware that I am always there for them and will support them through anything
- Listening without feeling the need to talk; referral to support services
- Bringing this to work and having conversations on how we support our youth who have experienced this
- Sending resources/links
- now having resources within the area that i live

- social groups
- listening
- Professional support and talking to others about it
- Sharing resources with others
- SACK
- maybe try to share more about my experience
- Taking more time to listen
- Communicate and listen.
- Be there to listen
- participating in more mental health awareness events
- There are many ways to help, all the associations to give support
- Conversation

How did you hear about this event?

28 responses



### What was your main takeaway?

- Talking about sexual violence and sexual assault is hard, whether you are the victim or the friend offering support. All you can do is recognize what boundaries are present and go from there.
- A lot of people go through similar experiences, and a sense of community and belonging is important for one's mental health.
- To not judge others because they may be struggling with sexual violence or any other type of trauma. To be a compassionate member of the community
- The understanding that the violence is a real concern across the world, and we need to be more conscious about that and find solutions to help.
- That this is unfortunately common and there are a lot of resources to help heal
- There are many resources available to me if I need them.
- its okay to open up
- validation and belief is a powerful tool
- that if someone comes forward to me about sexual assault to make sure that i just say that i am there for them instead of trying to fix the situation
- My own feelings regarding the films.
- Common experiences of recovery after trauma
- I found out that St Lawrence has support for sexual assault survivors
- there is so much more dicussion nessaisasiy about rape with our peers

- There are a wide variety of experiences, each one is different
- I believe you - wow, what a powerful thing
- Not feeling alone
- the quote "you are the expert of our own experience"
- human vulnerability is at or right below the surface
- Take care of and support yourself and others.
- No one is alone in their journey
- it is okay to not be okay and ask for help
- know a lot organizations
- There is a way to get out of this guilt of mine

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

- A helpful way to learn of helpful resources and engage in inviting / welcoming / accepting activities.
- A very eye opening experience to the mental health aspects of sexual violence
- That it is very eye opening and allows you to understand sexual assault through a creative lens
- considerate, caring, informative, helpful
- Validating
- A very safe space. (x2)
- Eye opening about sexual assault survivors
- Powerful, well organized
- a workshop that will raise awareness of one of the most intimate and personal issues
- an interactive and informal session
- Short Film/ Mindfulness / Resources
- This workshop can help you to start healing.
- healing, relaxing time to learn more about mental health
- Eye opening and informative
- you should know about this- it can help you or someone you know
- Informative (x2)
- Supportive (x2)
- Helpful (x2)
- useful
- Short Film / Mindfulness / Chat

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

- I really liked the breathing exercises that we went through in between watching the films.
- If someone (friend, family, other) comes to me, then I will listen and help them however I can / support them.
- Be an advocate for those who have experienced sexual violence
- how to talk to my friends who have been sexually assaulted and give them proper resources
- I am a member of an initiative to help women in vulnerable situations. Also, through my learning in my program Fitness and Health Promotion I can find the bridge to help using this knowledge acquired today.
- I will always ensure to say something along the lines of "I believe you or I see you"

- Try to help implement supports at SLC to support nursing students at SLC who experience sexual harassment/assault at clinical
- I work with youth that have often experienced sexual violence, and I think just being more comfortable talking about it
- talk about it with others
- helping friends, better communication
- Share resources with friends
- learn more about how I can be a better ally
- try to find a way to create a safe space
- Use it to listen to more stories by actively listening
- Share resources
- To be more active in fighting for sexual assault awareness and support systems
- community support is strong
- using the breathing exercises and incorporating it in my daily life
- To support others and have open conversations
- To help a friend
- Understanding others
- I am not alone

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

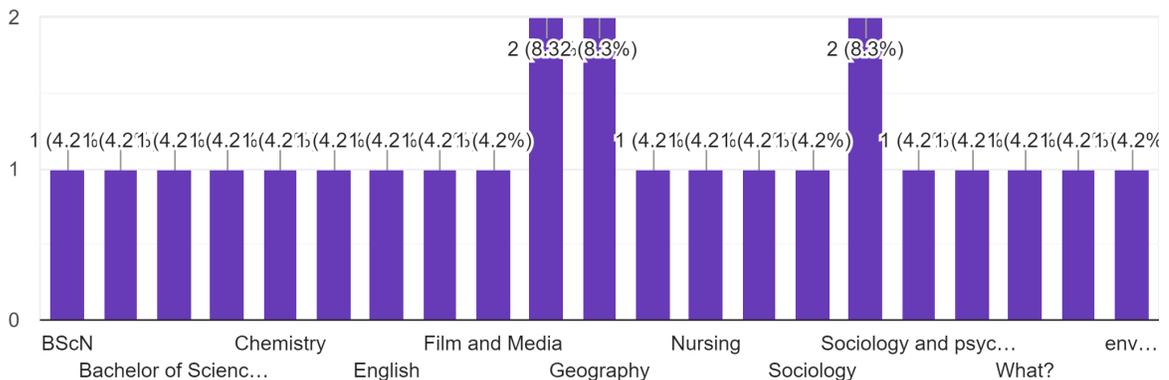
- I think misinformation and dearth of accurate knowledge!
- Rape culture at Queen's. Men not participating in this work.
- the stigma that sexual violence is something that needs to be hidden
- culture of indifference
- in a small community, everyone knows, so the potential for stigma or just silence is great
- Not enough awareness spread about issues like this and resources may not be well known (people may not know about available resources).
- feeling the need diminish your feelings
- not knowing what resources are available for support or to learn more
- i have a hard time making a safe space without trauma dumping
- Other people's opinions
- Stigma, lack of resources
- non-affordable, long waiting lists
- the stigma!
- Stigma that you were responsible for what happened
- Rape culture, misogyny
- lack of awareness and access to information
- The stigma, lack of empathy, lack of communication and understanding.
- Knowledge
- A barrier may be that people and specifically students in the Queen's community do not know who to talk to
- Lack of belief or trust in a victim's story.
- not foreign friendly
- Usually there is more help for young people ( even though there is little) than for older people.

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

- breakout rooms and discuss issue together
- Software where you can react to comments? Ex. with hearts, thumbs up
- I'm not sure. Update gender survey question so it's not implying that binary trans people aren't men or women
- maybe allow time for the participants to speak as well
- i think more time to talk after the videos and create conversations
- less repetition with questions
- Nothing - loved it. Thought it was well organized, encouraged participation, safe space, and really loved the diversity in films (both the representation and the type of film)
- I don't think anything at the top of my head
- I don't know. I felt the warmth and support and appreciated the time between films to reflect and just breathe
- Maybe more space to share opinions.
- I think doing more campaigning and having people in roles of leadership know where to send people
- Maybe include another short film, they were very interesting
- Try to reach out to even more groups. I have a friend in mechanical engineering who decided to join me in the event and did not hear about it from her faculty.
- So far so good
- Maybe introducing resources for older community.

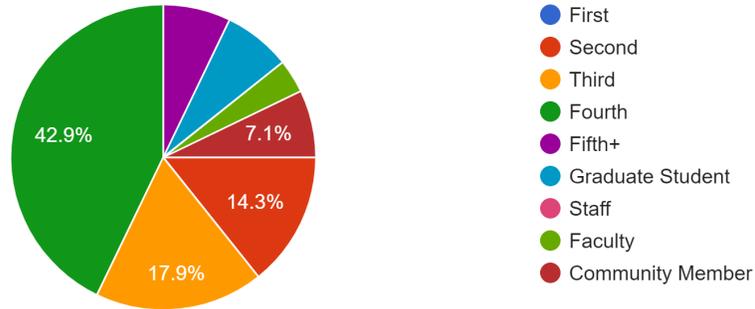
### Major

24 responses



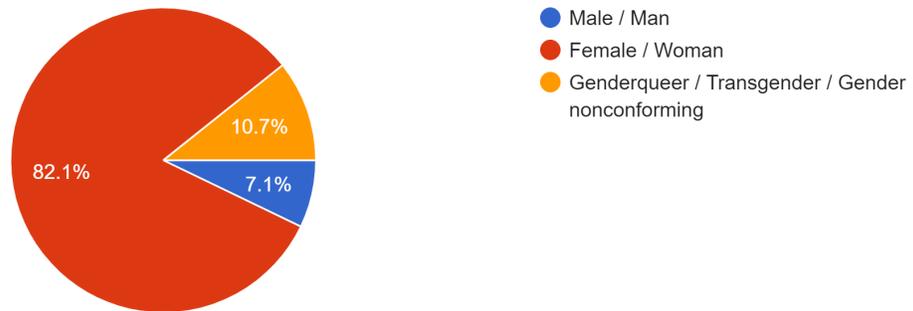
### Year

28 responses



### Gender

28 responses



### Ethnicity

28 responses

