

# Movies for Mental Health (Online)

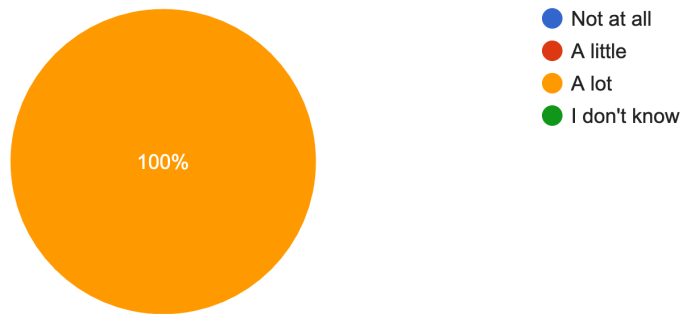
## Post-Workshop Evaluations

Sheridan College  
February 7, 2022

Approximate maximum attendance: 14  
Number of evaluations: 7

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

7 responses



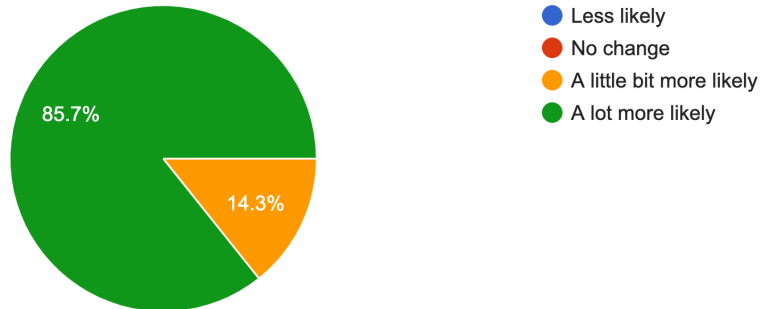
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

7 responses



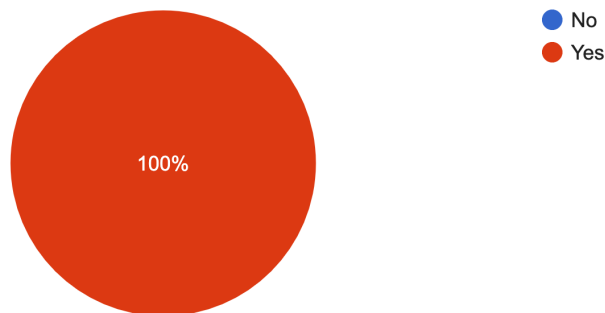
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

7 responses



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

7 responses

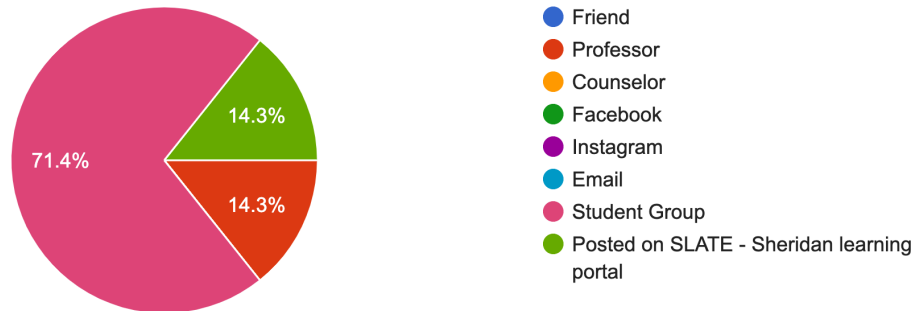


### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- Being available for them to talk when they are ready, creating a safe non-judgmental space for them.
- The action to lend a supporting hand, bringing awareness to populations that have limited opportunities or access to resources due to language barriers and cultural differences. Creating a “when you're ready” space, your time and your experiences.
- Always be supportive to a person and listen to their story
- Be a friend and a supporter to a person when they need me
- Connecting with SAVIS

### How did you hear about this event?

7 responses



### What was your main takeaway?

- Recognizing that people go through different experiences and it is important to ask for help/support.
- Mental health is an important topic and affects everyone differently. There are lots of support and resources available. Stigma is what is limiting people and challenging that change is where it's going to make a bigger impact.
- My main takeaway from this workshop is that many people have a story and that we should always listen. Also that the stigma that surrounds mental illness really affect a person life
- Many person are impacted by mental illness and that they are resources that are there to help a person
- Ask for help: the path to healing is NOT linear

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

- It highlighted the whole aspects of issues relating to sexual violence and mental health, especially the healing process which is rarely shown.
- As inspiring, soul searching and seeing someone else's experiences through their lens and learning how to support others.
- Very insightful and educational

- I would tell them that this event is very insightful about mental health, sexual assault. It allows us to be aware of the stigma that surrounds mental illness and that we should be an Ally for a person by using our voice.
- A place to find knowledge and resources

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

- I will be more available for others and give as much support as I can to anyone going through similar issues.
- Today's workshop made me learn a lot and appreciate that everyone goes through a mental health challenge but that there is light at the end of the tunnel and hope.
- That I should always be a supportive person and always use my voice
- I will use what I have learn by being supportive to a person and be empathetic
- In my practice in social service worker
- I will keep the resources in SSW toolkit for whenever I need it
- We can all be supportive of different experiences and let people be ready to share them. Their experiences, their journey to healing and together we can voice change.

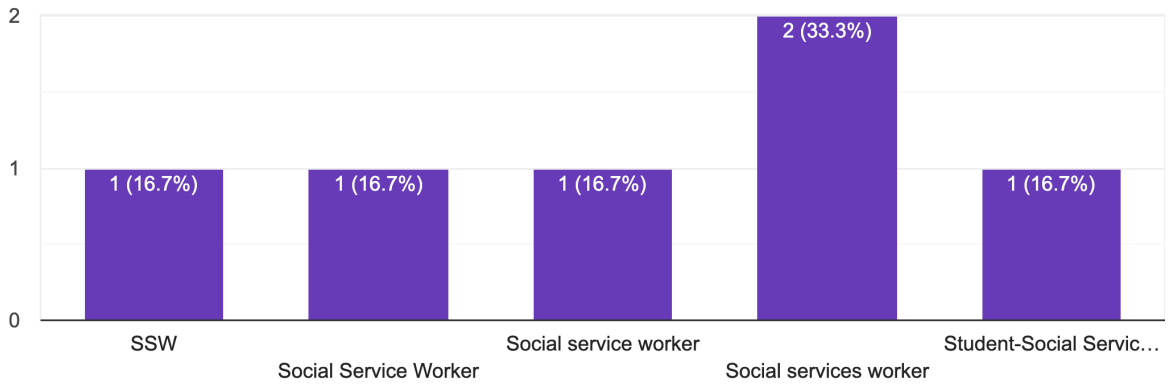
### What are the biggest barriers to your community being safe for and supportive of survivors?

- Blame, stigma, judgment, lack of support/safe spaces.
- I think that people need to feel ready within themselves to feel safe and supported in our communities. Barriers might include not feeling included, judged or the stigma that is associated with mental health. Language barriers and cultural differences impact differently
- I think that would be the stigma and resources that many can access
- Having a safe place for the victim

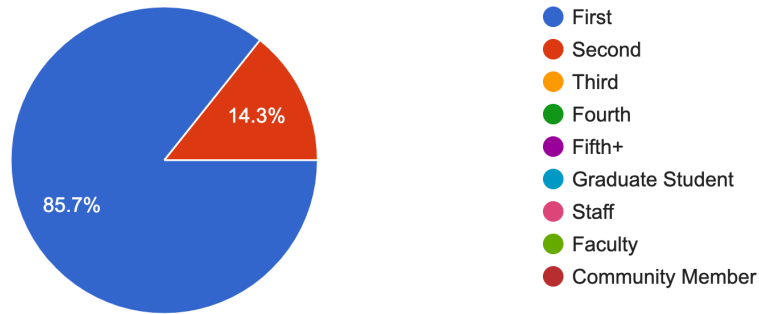
### How can we improve this event in the future?

- Discuss more in detail about what to do when getting flashbacks from similar events

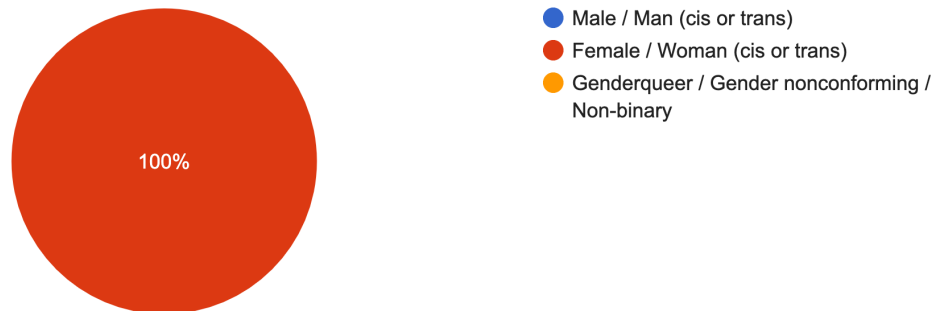
Major  
6 responses



Year  
7 responses



Gender  
7 responses



### Ethnicity

7 responses

