

# Movies for Mental Health (Online)

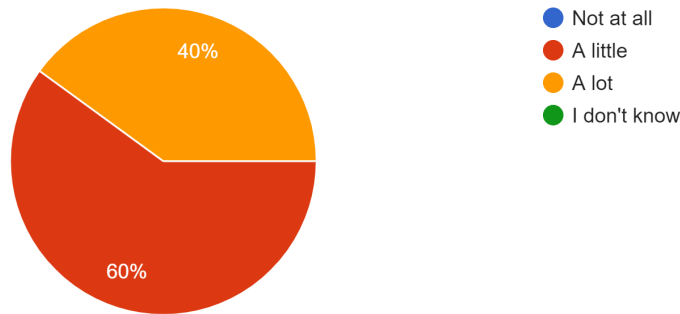
## Post-Workshop Evaluations

Wellesley College  
March 1, 2022

Number of attendees: 14  
Number of evaluations: 10

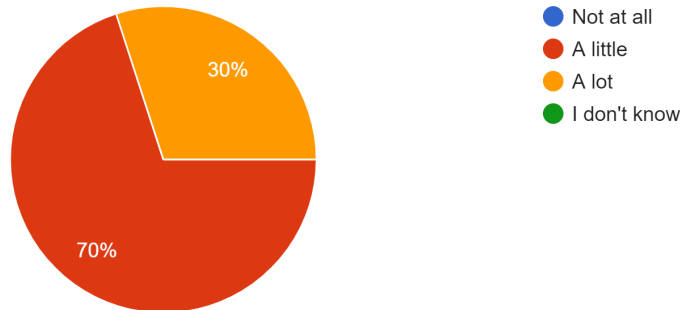
Did this workshop increase your awareness of mental health issues specific to queer humans?

10 responses



Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

10 responses



### What was your main takeaway?

Mental health is a fundamental part of who we are

To listen more than I talk

That there are a lot of intersections in which mental health shows up in the LGBTQ community.

There is always something we can do to help each other.

Sharing with each other / encouraging comfortable vulnerability and honesty among peers

Amazing poetry!!!

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

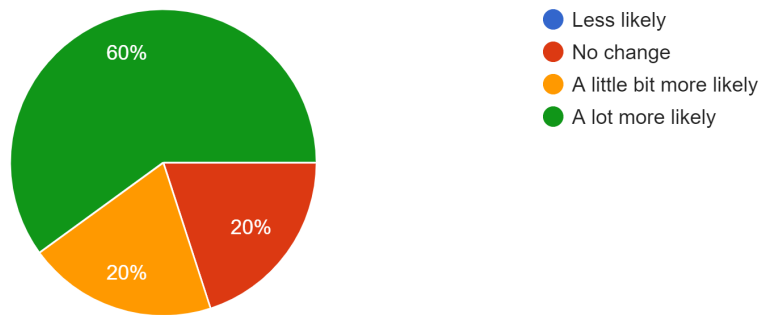
Being kinder to myself
I hope to be able to better connect my students to the resources they need to live their most authentic lives
As an RA, I am definitely going to take what I've learned into my job.
I will make a greater effort to stand up for myself and others who are different from me.
Writing more! The sculpting practice is also a wonderful and accessible writing tool.
Writing poetry more as healing

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

Introspective in the best way; maybe even liberating!
Engaging
Super fun and engaging and extremely helpful and educational.
A writing workshop with mental health and queer experience at the forefront of our minds
Cheesy yet meaningful
A conversation about mental health and queer identity

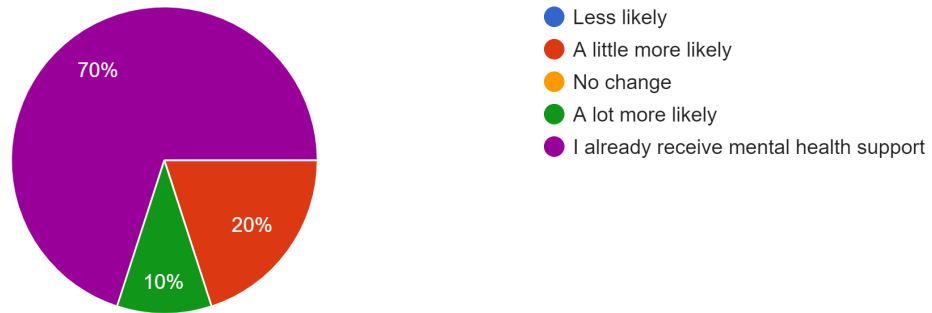
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

10 responses



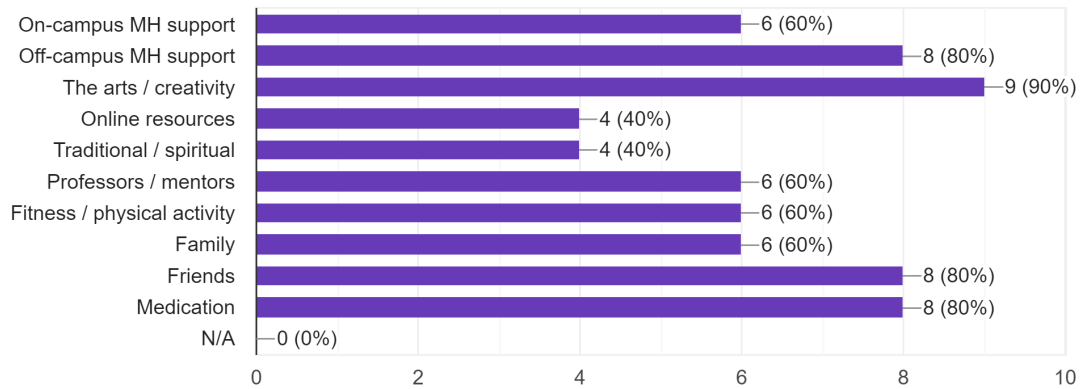
After this event, are you more or less likely to seek support for your own mental health?

10 responses



What type(s) of mental health support do you think would be most useful to you?

10 responses



**What are the biggest barriers to your mental wellness and/or receiving mental health support?**  
(Highlights: see raw data for full list)

Insurance

Time

Stigma

Inaccessibility or general discouragement

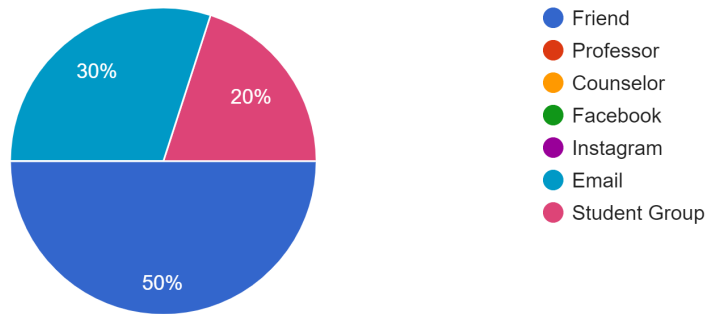
Access to resources or support network

limited availability of mental health practitioners, especially of queer friendly people. have had multiple experiences with homophobic & transphobic mental health professionals

How can we improve this event in the future?
Slightly more time to write poems
Slightly shorter?
Advertise more probably bc I know a lot of people who would like this
I think having a bit more time to share in small groups would be great!
More time for group discussion
I think having the option for people to share their own work OR have their work read anonymously
More interactive components
It would be great to have more time to ask questions of the panelists

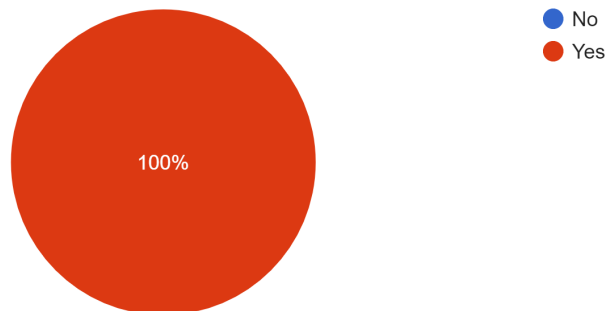
How did you hear about this event?

10 responses



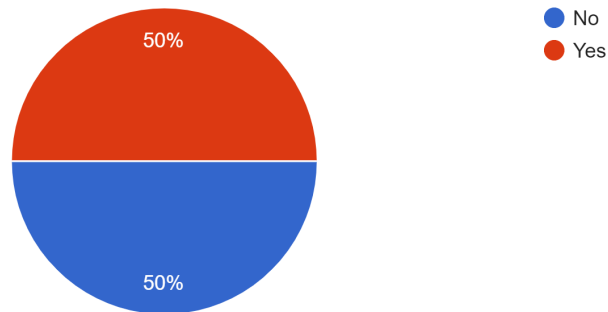
Before this event, did you know about your school's counseling services?

10 responses



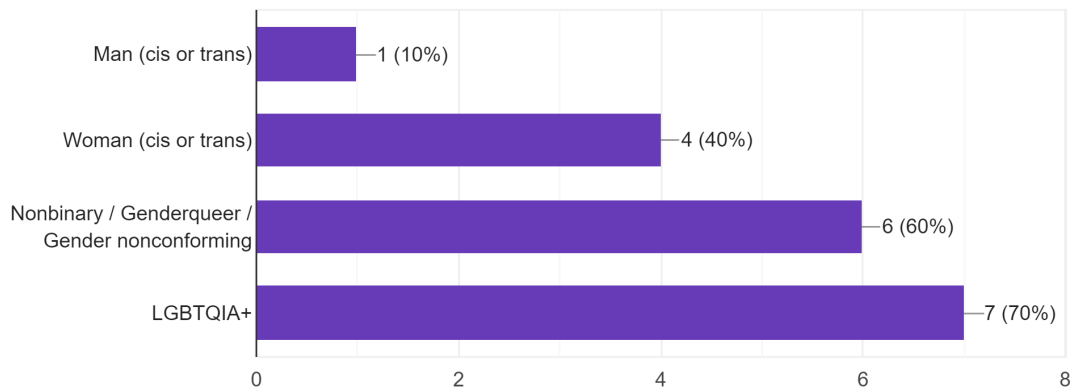
Before this event, did you know about the community resource(s) who presented on the panel?

10 responses



How do you identify? (Check all that apply)

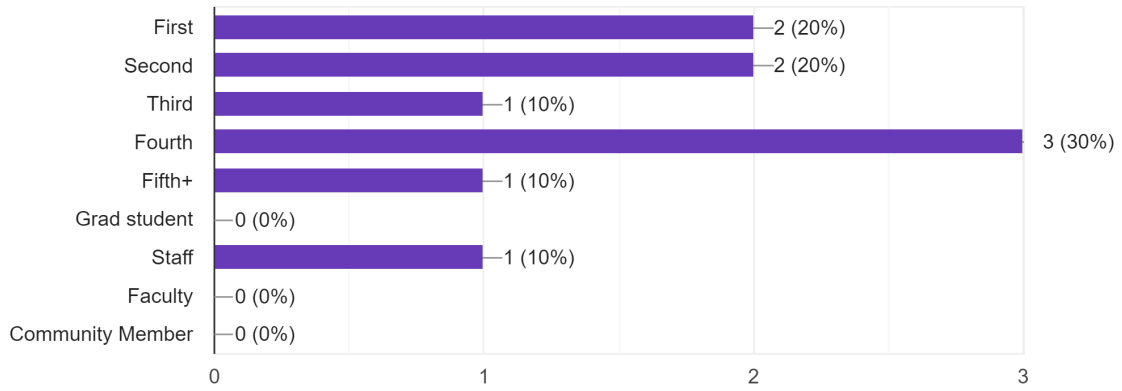
10 responses



Major	
Political Science and Environmental Studies	1
Data Science	1
Gender studies	1
Neuroscience	2
Creative Writing	1
Peace and Justice Studies	2
History	1

Year

10 responses



Ethnicity

10 responses

