

# Movies for Mental Health (Online)

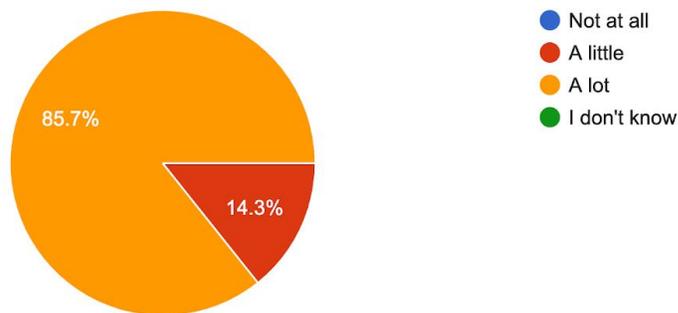
## Post-Workshop Evaluations

Amherst College  
November 11, 2020

Number of attendees: 28  
Number of evaluations: 7

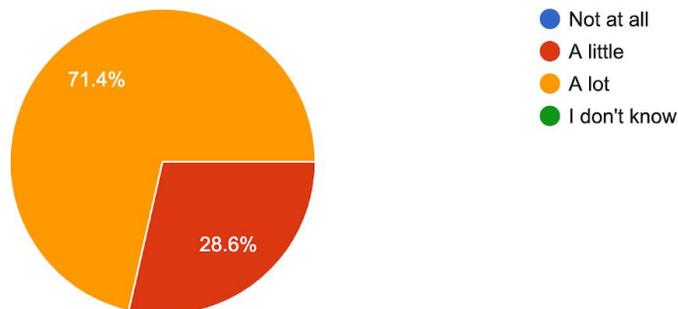
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

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



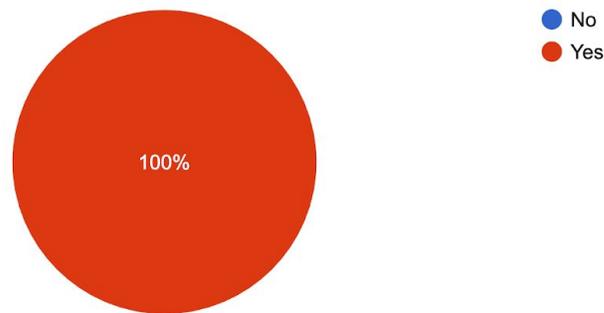
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

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?

Try not to enter "Fix-it" mode and just listen and validate them

I'm going to be supportive of all survivors

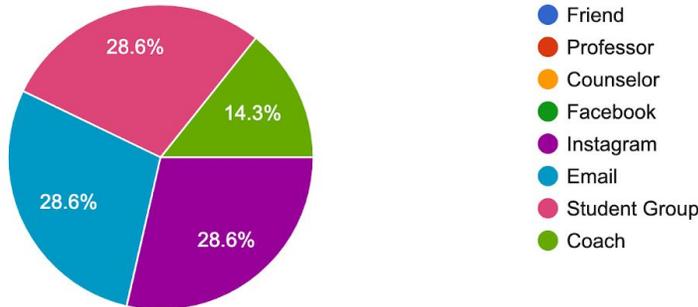
Share content with friends about upcoming PA events!

Listening, sharing PA content with friends :)

I know now how to support others, and am aware that simply being there for someone is enough, even if you don't have the words.

How did you hear about this event?

7 responses



**What was your main takeaway?**

**LISTEN**

We need to make sure to be supportive of people who have experienced trauma. Active listening is key in these situations.

I have a better understanding of how to support survivors and I better understand the intersection between mental health and sexual violence

Stigma can prevent sexual assault survivors from coming forward for a fear of not being heard

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

**Healing (x2)**

Very helpful and they give you a lot of resources

Informative and enlightening

A workshop that brings awareness to the stigma surrounding sexual violence survivors and addresses ways and resources one can seek out if you have yourself experienced sexual violence or know someone that has

Extremely informative and well-planned

**How might you use what you learned today?**  
(Highlights: see raw data for full list)

I am going to work on being more in touch with my body and listening to my friends

I'm going to be supportive of all survivors

Better check-up on my friends who are struggling, whether they are survivors or not

Share these films with friends! (x2)

To be more aware of how what I do and say can have an impact on others in a positive way. I'll be more proactive in reaching out and checking in on my friends.

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

Listening, I feel like many of us want to talk most of the time  
 Not sure- maybe knowledge of resources!  
 Lack of understanding about how to speak to a survivor  
 Patriarchy, moderate conservatism, power dynamics  
 Patriarchy, moderate conservatism, access to resources  
 Stigma, lack of awareness of resources

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

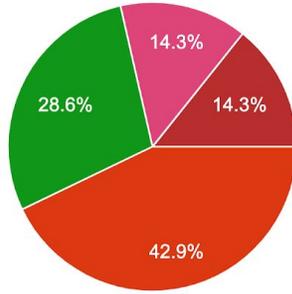
I thought it was amazing!! Will definitely tell people about it and I love the energy that was brought.  
 I thought the event went great!  
 N/A it was perfect!  
 Video capability for all participants!  
 Enable video capability for all participants!  
 Change nothing, I really enjoyed this format

### Major

Sociology, Gender Studies	2
Chemistry	1
Mathematics and Computer Science	1
FAMS & Economics	1
Undeclared	1

Year

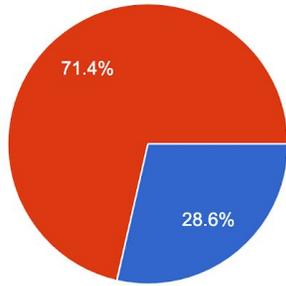
7 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

Gender

7 responses



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

Race / Ethnicity		
Asian / Asian-American	2	
Black / African / African-American	0	
Hispanic / Latinx	0	
Indian / South Asian	0	
Middle Eastern	0	
Indigenous / Native American	0	
Pacific Islander	0	
White / Caucasian	4	
Multiracial	1	