

Movies for Mental Health

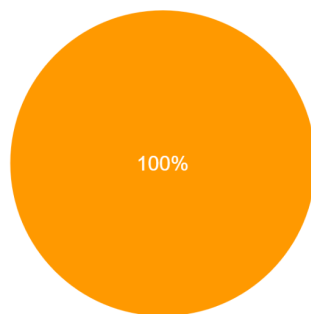
Post-Workshop Evaluations

Vancouver Island University
December 2, 2022

Approximate maximum attendance: 13
Number of evaluations: 3

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

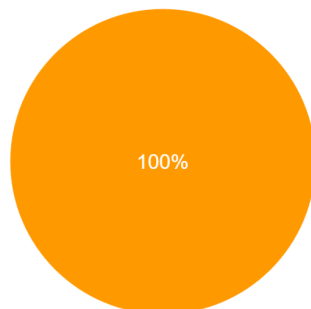
3 responses



- Not at all
- A little
- A lot
- I don't know

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

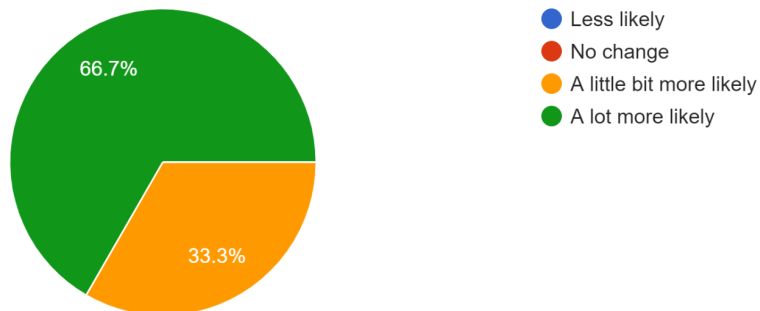
3 responses



- Not at all
- A little
- A lot
- I don't know

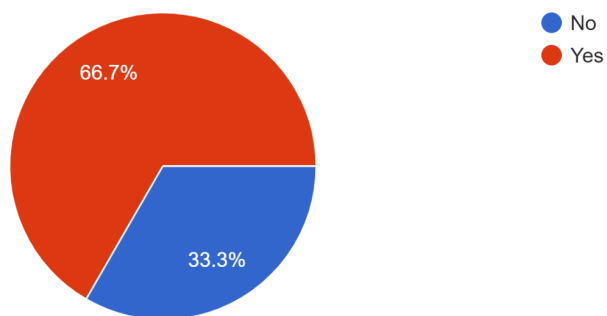
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

3 responses



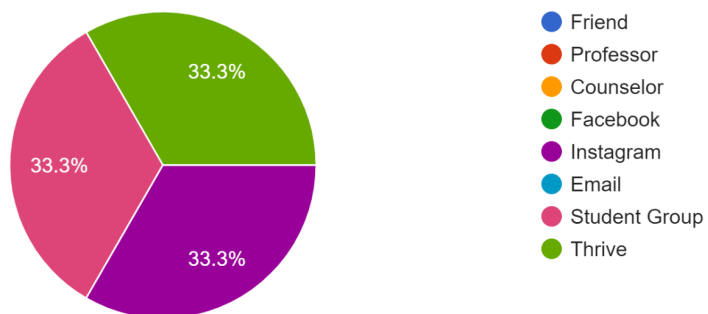
Did you learn about new resources related to mental health and sexual violence?

3 responses



How did you hear about this event?

3 responses



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

- Let them know I'm there for them even if they don't want the help.
- I want to reach out to the Haven society now

What was your main takeaway?

- Mental Health is important, and we should share this with everyone.
- Sexual violence can happen to anyone, and there is no wrong healing process

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

- Insightful, a safe place.
- Inspiring but possibly triggering

How might you use what you learned today?

- Definitely will help me next time I meet someone that needs help.
- I will share knowledge about resources

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

- Would love to see some more sharing groups.
- Availability of resources (wait times)

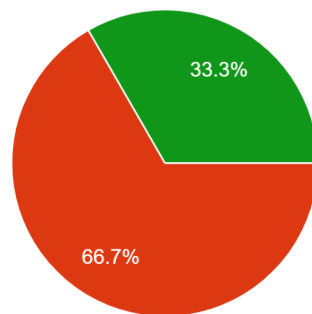
How can we improve this event in the future?

- More promotion! Not enough people came which is sad as this was great.
- Maybe include an audio clip of how the support services respond to a call and follow up with process and confidentiality of call

Major	
Graphic Design	1
Psychology	1

Year

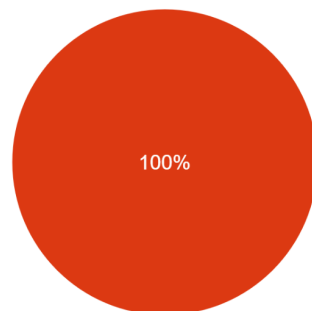
3 responses



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

Gender

3 responses



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

Ethnicity

3 responses

