

# Black + Mental Health + Matters

## Post-Workshop Evaluations

American International College  
2/22/23

Number of attendees: 9  
Number of evaluations: 3

### What was your main takeaway from today's workshop?

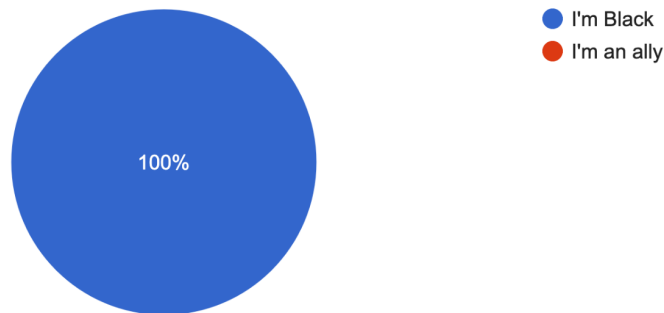
Ways to Think about Mental Health  
That black mental health is unique because our experiences and struggles are unique.  
That mental health matters

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

Revamp and Review my Life  
Being honest when I'm not okay.  
Might see the campus therapist

Did you attend this workshop as a Black person or as an ally?

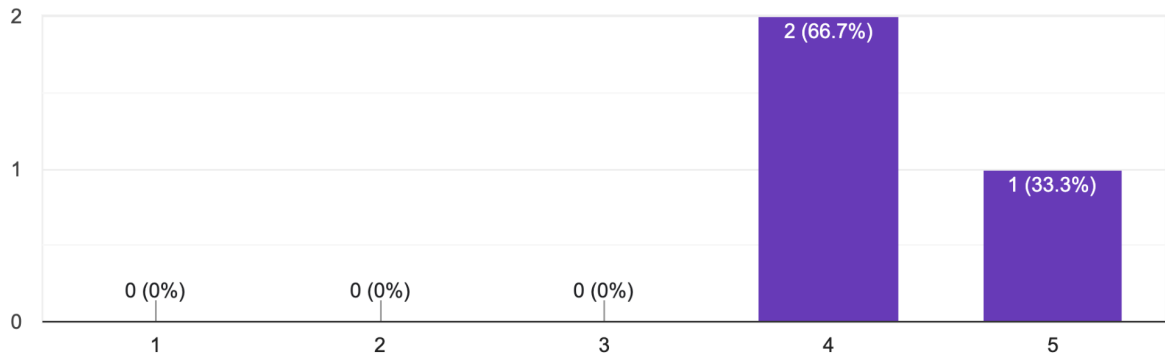
3 responses



## For Black students

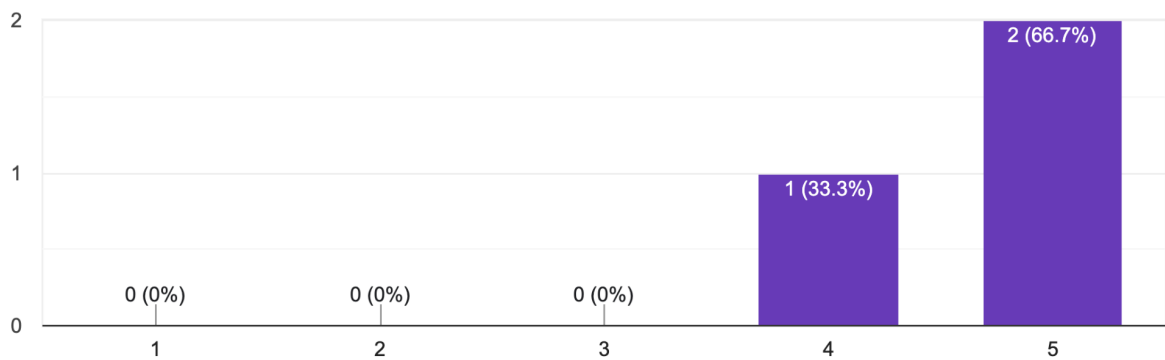
Did this workshop feel like a place of refuge for you?

3 responses



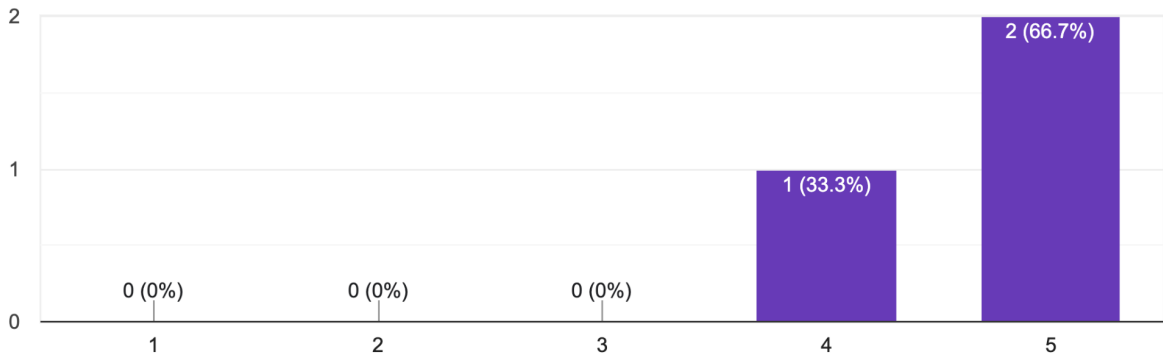
Did this workshop make you feel seen and heard?

3 responses



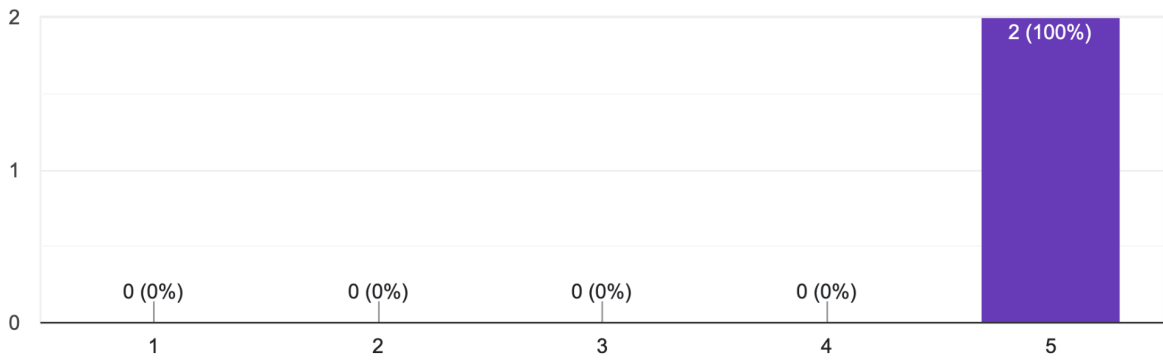
### Did this workshop equip you with tools to help you heal and thrive?

3 responses



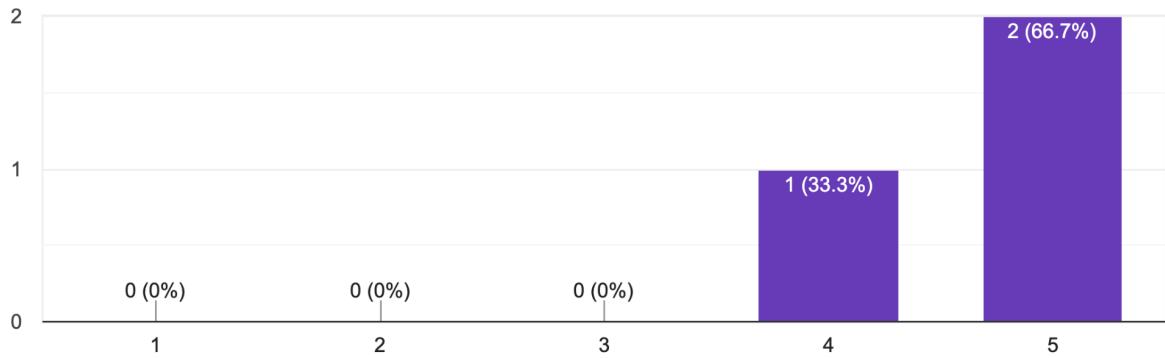
### Did this workshop acknowledge your lived experience?

2 responses



Did you feel centered and lifted up as a Black person?

3 responses



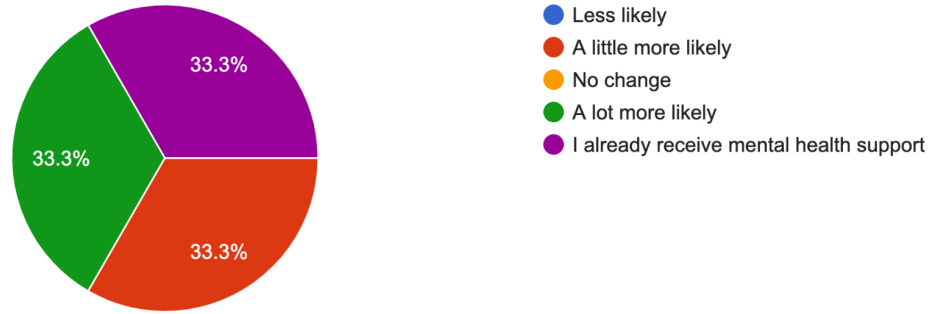
**Is there anything else you'd like to share about your experience?**

I enjoyed my time

## Outcomes

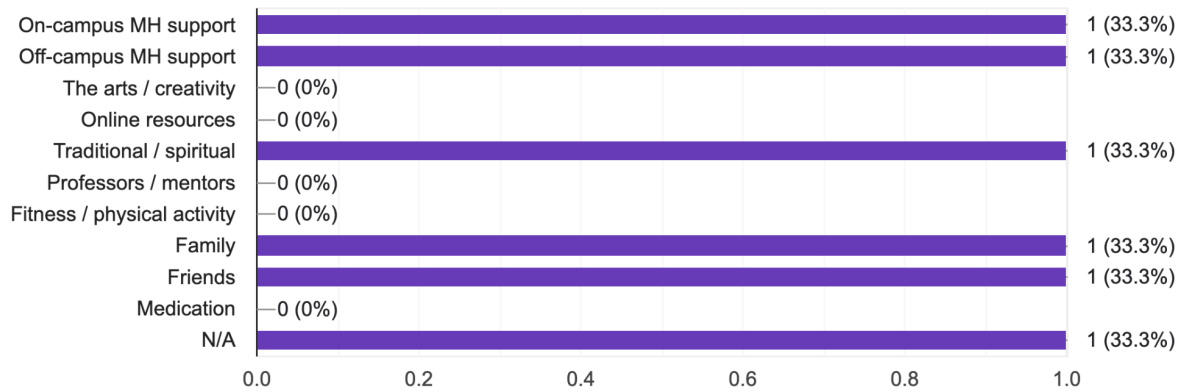
After this event, are you more or less likely to seek support for your own mental health?

3 responses



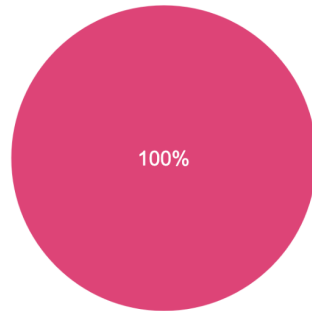
What type(s) of mental health support would you like better access to?

3 responses



### How did you hear about this event?

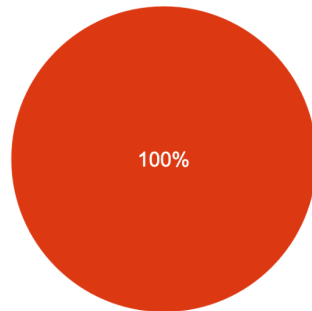
2 responses



- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group

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

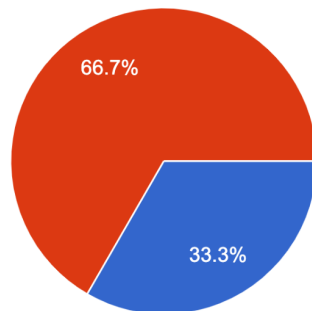
3 responses



- No
- Yes

### Before this event, did you know about the community resource(s) featured in the video(s)?

3 responses



- No
- Yes

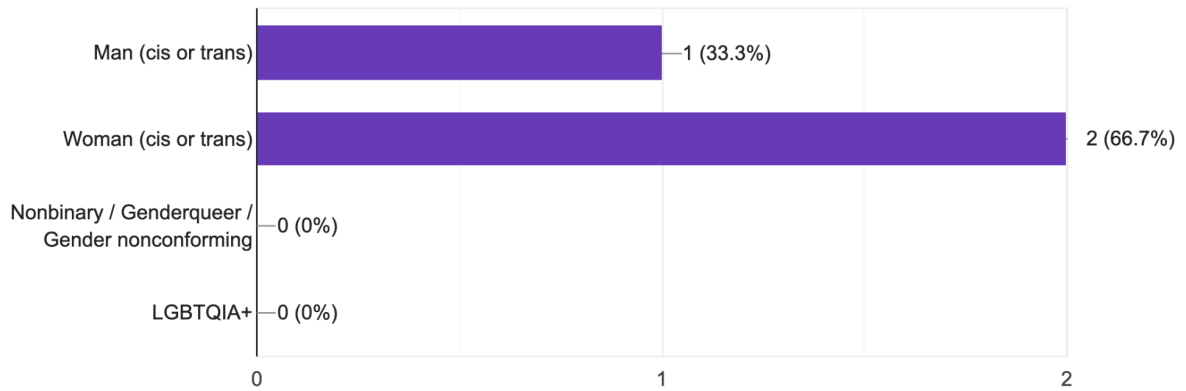
## How can we improve this event in the future?

A little more interactive

### Demographics

How do you identify? (Check all that apply)

3 responses



Major	
Public Health	<b>1</b>
Psychology	<b>1</b>
Sports Managment	<b>1</b>

### Year

3 responses

