

# Black + Mental Health + Matters

## *Post-Workshop Evaluations*

Baldwin Wallace University  
February 8, 2022

Number of attendees: 18  
Number of evaluations: 6

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

I feel so much more comfortable with myself. I know I don't have to be who everyone wants me to be. I can just be me.

People care about black students and are trying to make this society more safe for us.

To start prioritizing myself and taking care of/ building on the different areas of my life.

That the mental health obstacles I'm currently going through are able to be overcome.

To love myself and my blackness more.

How I black is the right black

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

I will use my new found confidence to stick up for myself, take care of myself, and do what needs to be done to protect my peace and happiness.

I will maintain my hope and continue encouraging those I love

I will definitely be utilizing the tool kit, like the wheel with the descriptive feeling words.

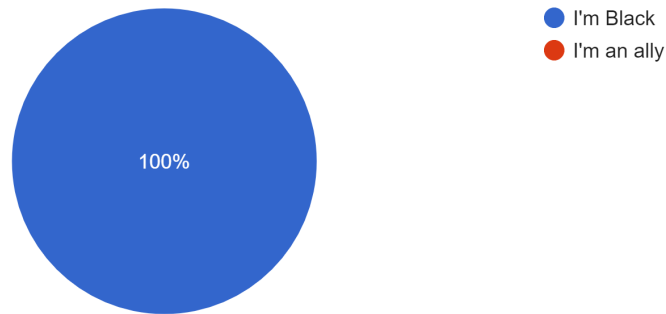
I will use some of the resources such as the feelings wheel to better identify how I'm feeling

In my everyday life, identify things that I'm prioritizing and what I'm not prioritizing. Also identifying my

To reach out for help

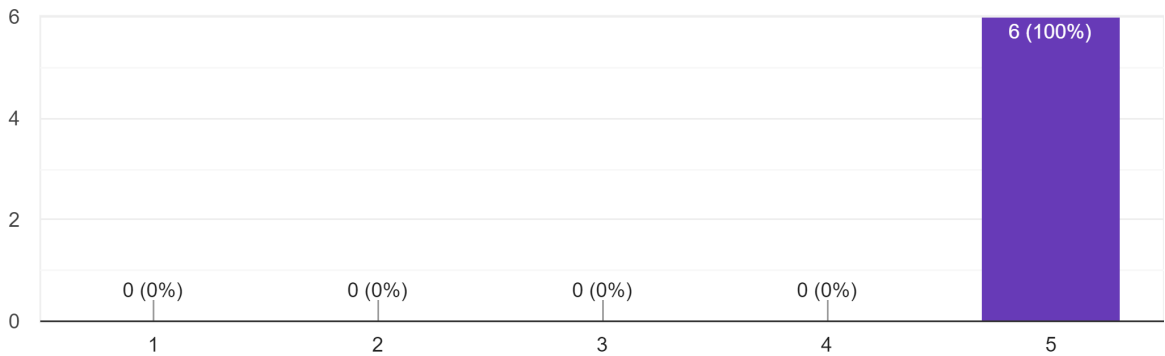
Did you attend this workshop as a Black person or as an ally?

6 responses



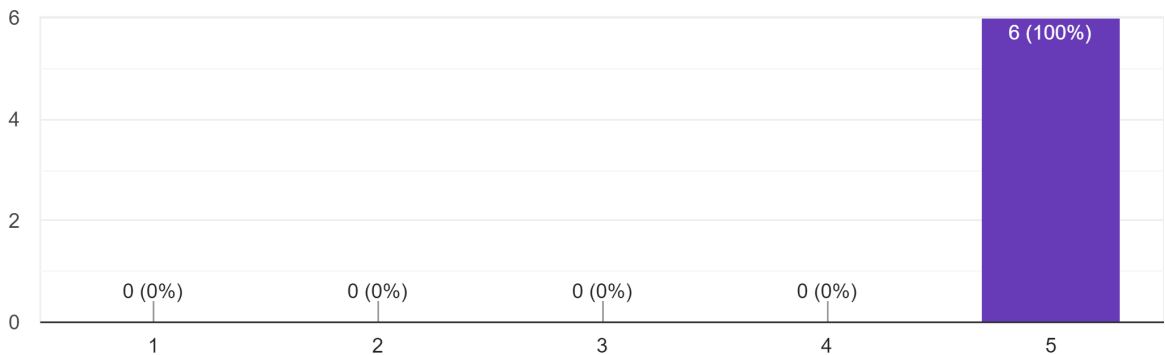
Did this workshop make you feel seen and heard?

6 responses



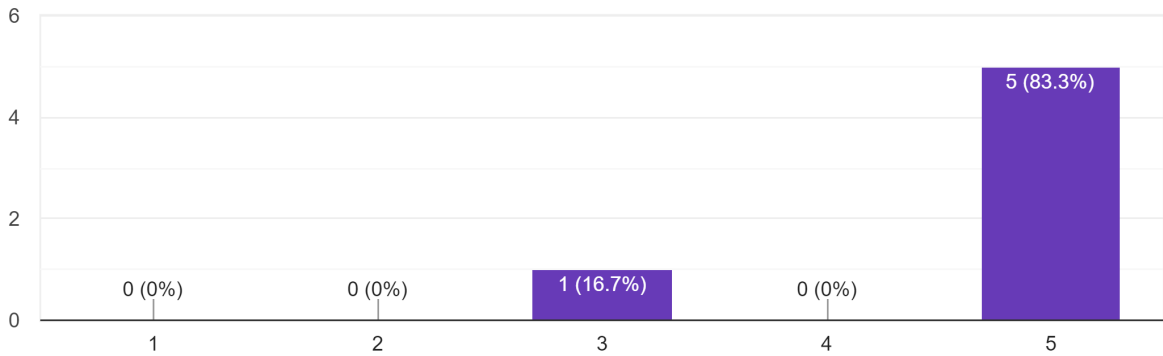
Did this workshop make you feel seen and heard?

6 responses



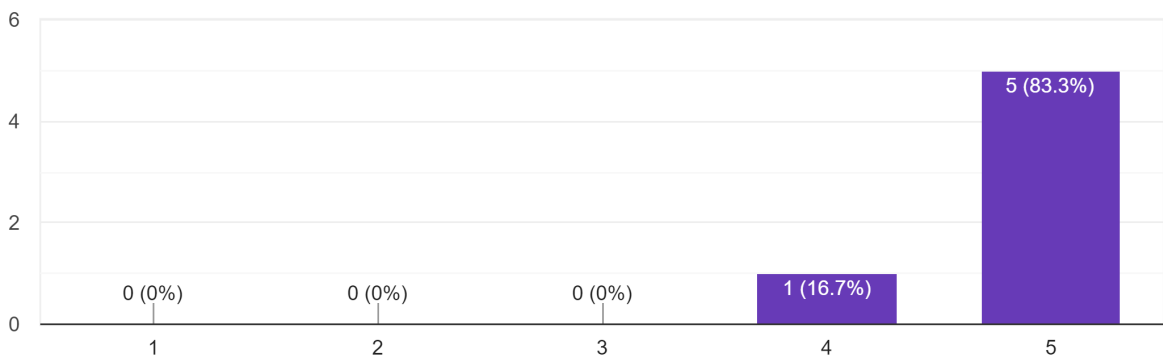
Did this workshop equip you with tools to help you heal and thrive?

6 responses



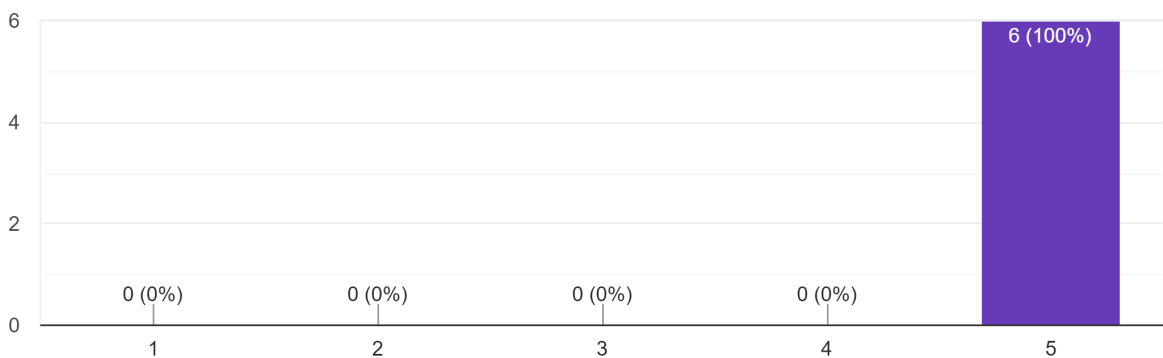
Did this workshop acknowledge your lived experience?

6 responses



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

6 responses



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

10/10 would recommend to everyone I know and any random stranger I meet as well.

Thank you for hosting. I hope this program prospers because it's the key for Black people returning back to ourselves.

Nichole did a great job creating a safe and open space for people to talk and to share. She had great energy and was very relatable to the group of people sharing the information to.

I would love to see something like this at Baldwin Wallace again.

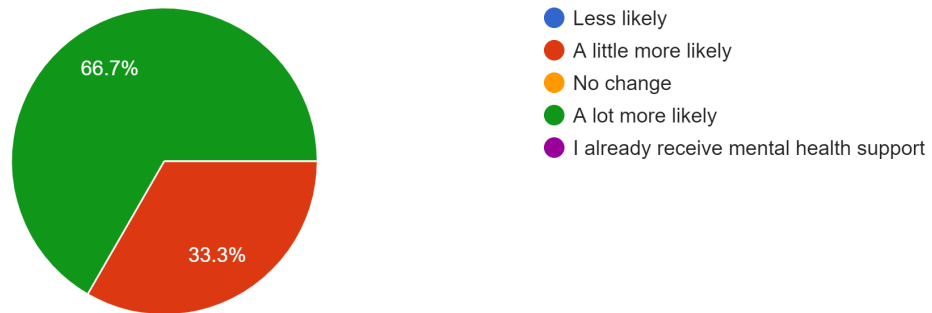
I loved this workshop. It gave me things to think about that I experience almost everyday but never address and I would love to experience it again and to have the people in my life experience it.

This was the first time I did not feel like I had to filter my experience with blackness

### Outcomes

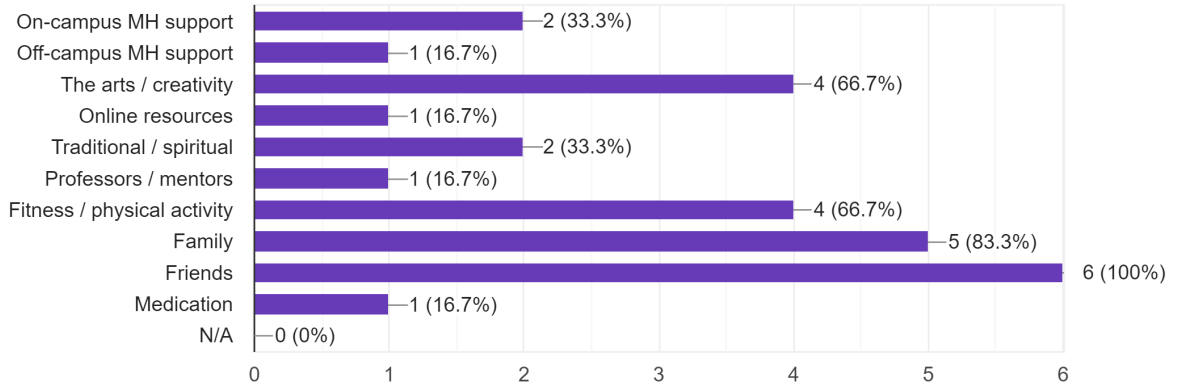
After this event, are you more or less likely to seek support for your own mental health?

6 responses



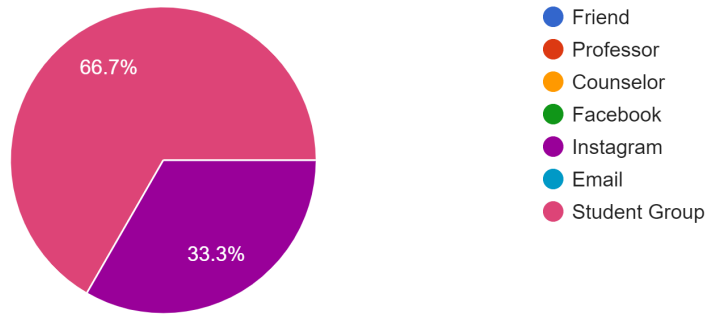
What type(s) of mental health support do you think would be most useful to you?

6 responses



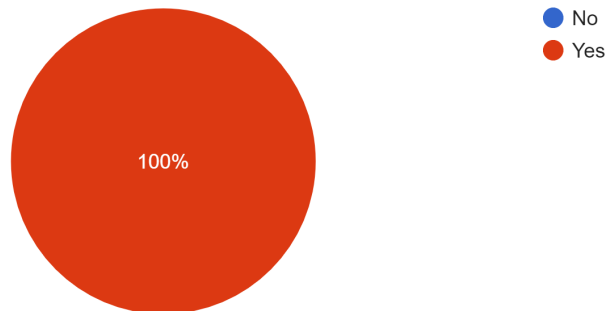
How did you hear about this event?

6 responses

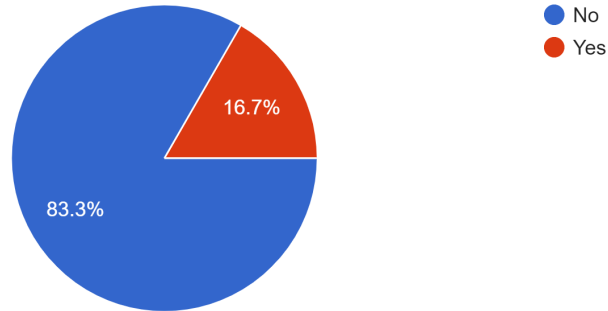


Before this event, did you know about your school's counseling services?

6 responses



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

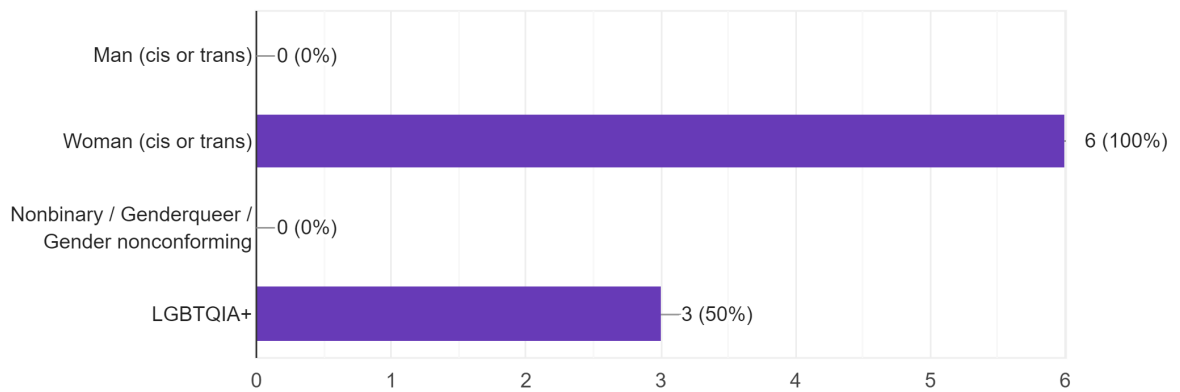


### How can we improve this event in the future?

- I wish it was longer. Small group discussion may have prompted more discussions
- Making events like this a monthly occurrence would be great.
- I would give people the option to write a poem or draw or just any form of creativity for their name.

### Demographics

How do you identify? (Check all that apply)  
6 responses



Major	
Business of Healthcare	1
Psychology	1
Pre Physical Therapy	1
Media production	1
Arts Management/Entrepreneurship + Sport Management.	1
Political science	1

Year  
6 responses

