

Black + Mental Health + Matters

Post-Workshop Evaluations

Brown University
February 15, 2022

Number of attendees: 14
Number of evaluations: 10

What was your main takeaway from today's workshop?

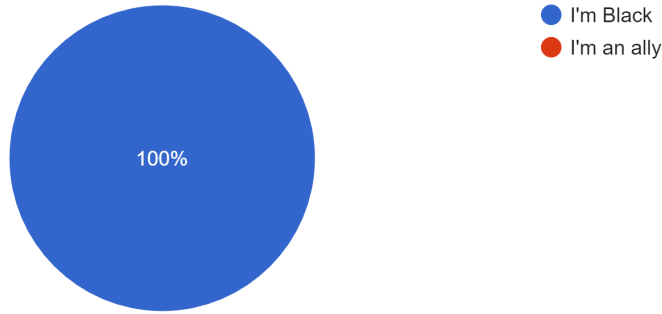
- Learning about different perspectives and how people practice mental health
- I took away a stronger sense of community. Even though the Black community is so diverse, there is so much to connect over with common ancestral practices or music and more.
- It's really helped frame my mind for the next days and weeks: I'm powerful and the people around me are filled with so much power and love. I want to always stay connected to that
- My main takeaway was that it's okay to not feel okay and there are resources to help me if I need them.
- The power in name
- There are many resources available around me for aiding with black mental health.
- It's ok to be vulnerable, reserved, and honest with our emotions.
- Renewed determination to prioritize my physical and mental well being
- Our pain is justified

How might you use what you learned today?

- Have a more open mind and take care of myself
- I'm going to start prioritizing the different forms of self-care.
- I'm going to be a lot more conscious of my mental health habits friends and life in the next days
- I can use what I learned today to continue to practice caring for myself consistently.
- Music and community centering
- I will share this information with my peers
- Be more intentional about my mental health practices and seek to acknowledge my emotions and wellbeing

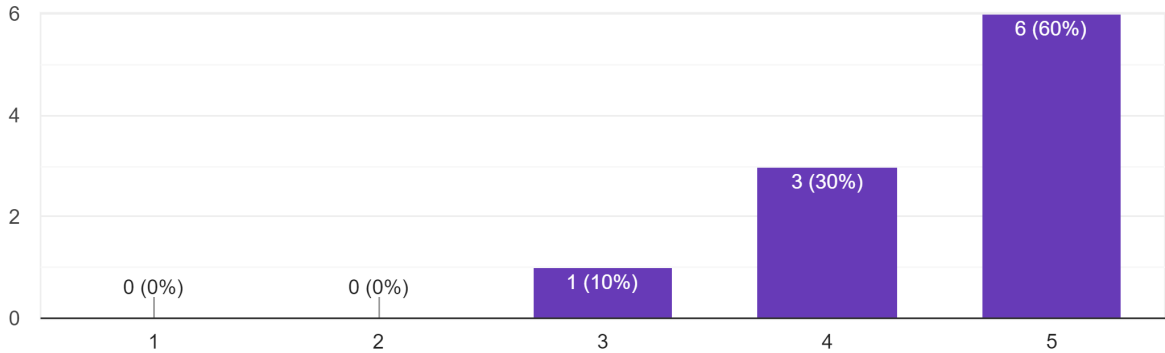
- Reaching out to local resources shown in the workshop
- The wheel of emotions gives me the words to share my emotions

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



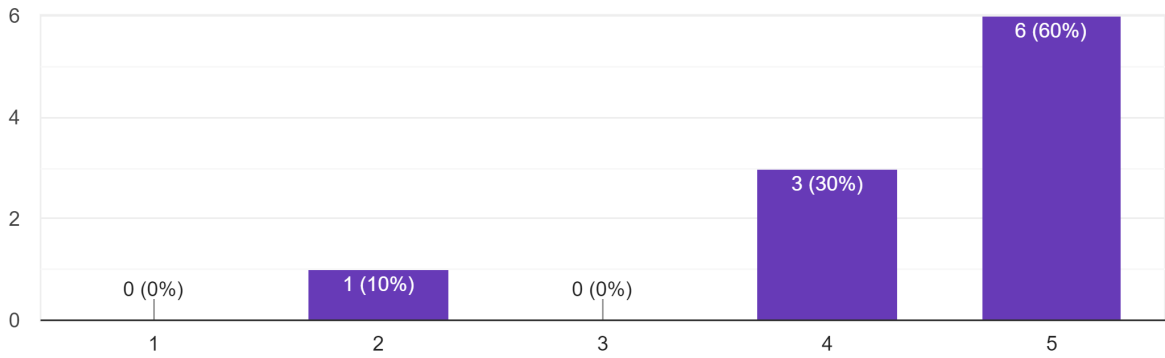
For Black students

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



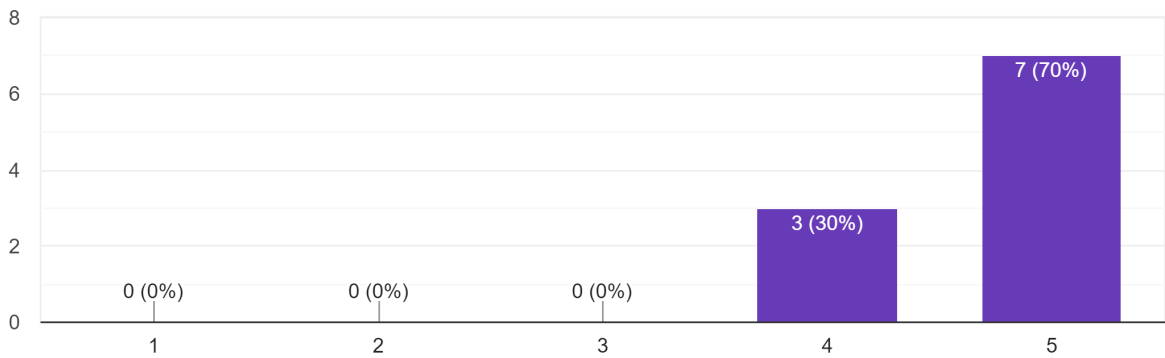
Did this workshop make you feel seen and heard?

10 responses



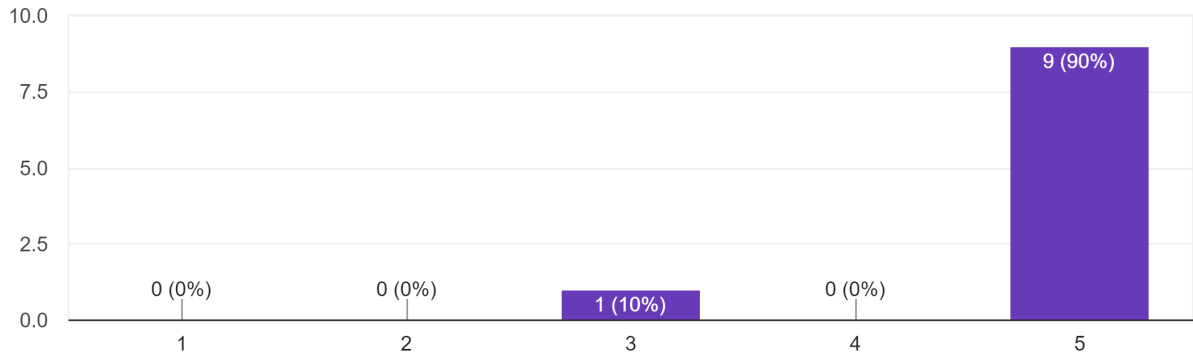
Did this workshop equip you with tools to help you heal and thrive?

10 responses



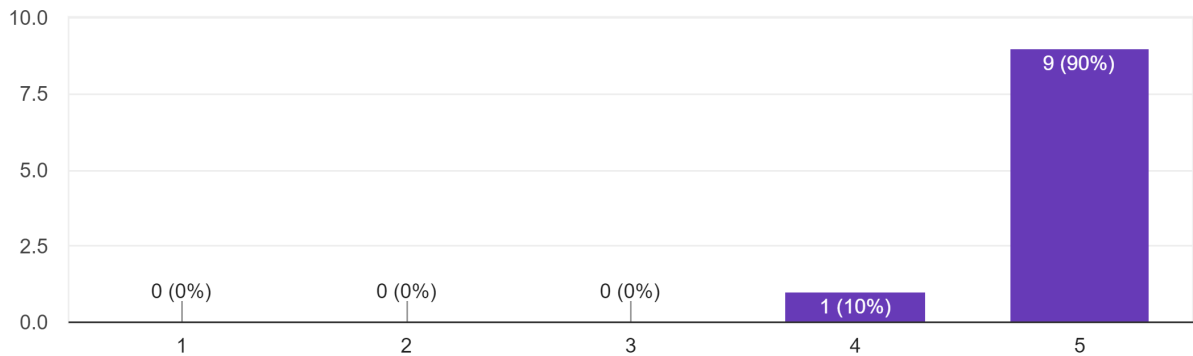
Did this workshop acknowledge your lived experience?

10 responses



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

10 responses



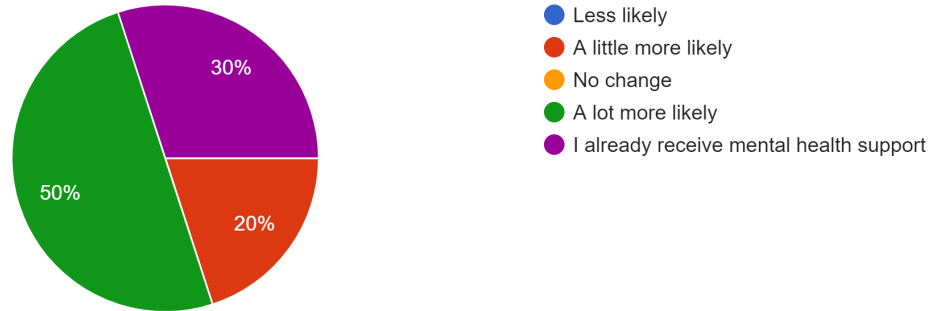
Is there anything else you'd like to share about your experience?

- I wish that in the discussion they gave witnesses a chance to share and they talked more about intersectionality and diversity of experiences in the Black community
- purr!!!!
- J was awesome :)
- I realllyyy loved J! But I would've liked more audience participation

Outcomes

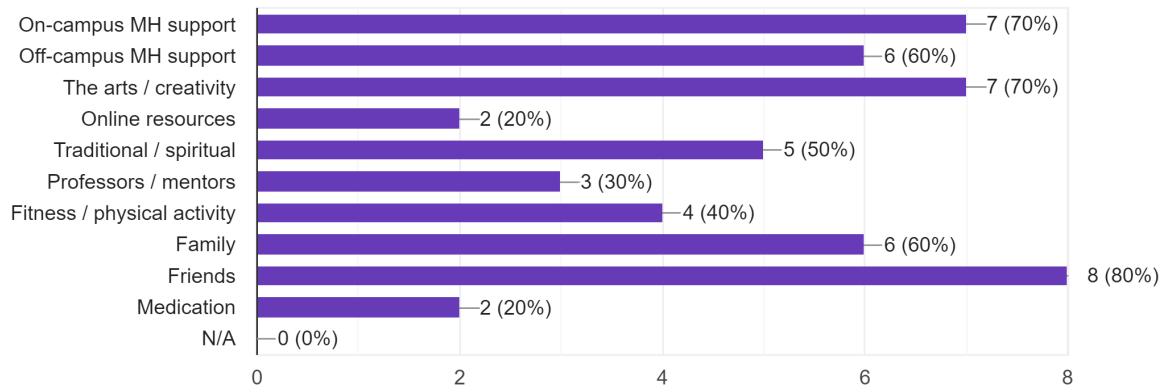
After this event, are you more or less likely to seek support for your own mental health?

10 responses



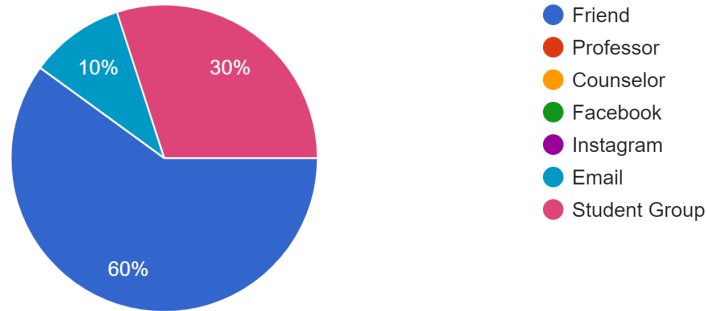
What type(s) of mental health support do you think would be most useful to you?

10 responses



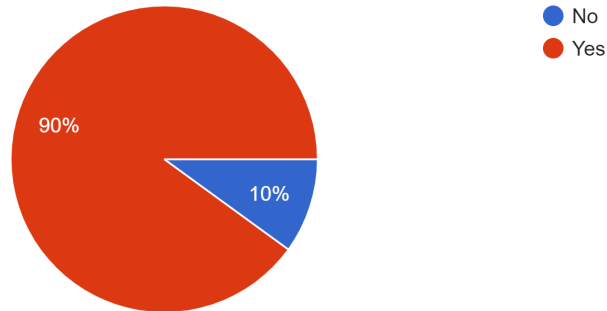
How did you hear about this event?

10 responses



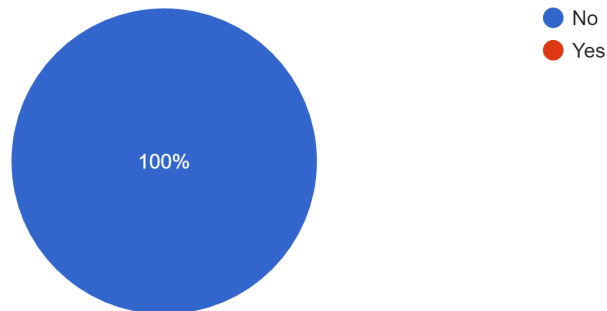
Before this event, did you know about your school's counseling services?

10 responses



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

10 responses



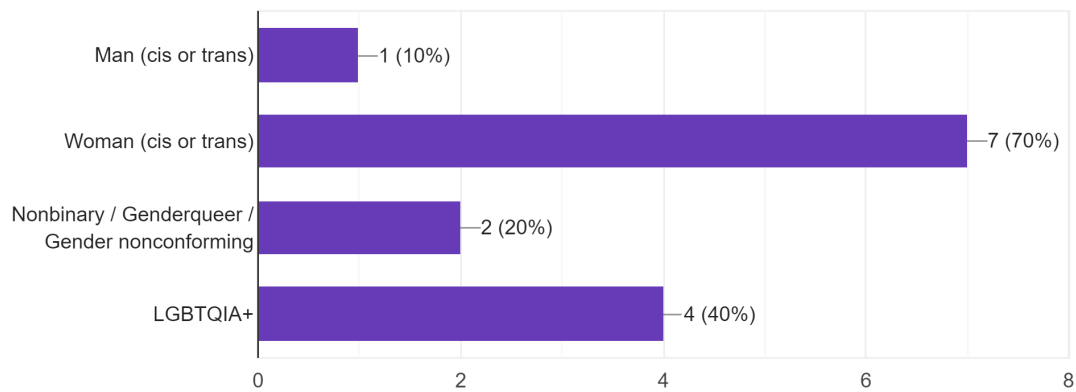
How can we improve this event in the future?

- Incorporate more personal stories or identities
- maybe more physical activities but really amazing regardless !!
- Have another activity to do in addition to poem
- More time for discussion!
- Food :D
- More participation

Demographics

How do you identify? (Check all that apply)

10 responses



Major

9 responses



Year

10 responses

