

# Black + Mental Health + Matters

## Post-Workshop Evaluations

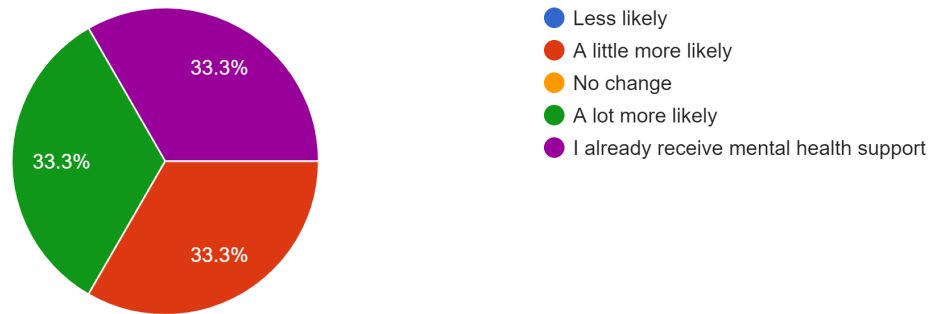
CSU Northridge  
May 10, 2021

Number of attendees: 8  
Number of evaluations: 3

### Outcomes

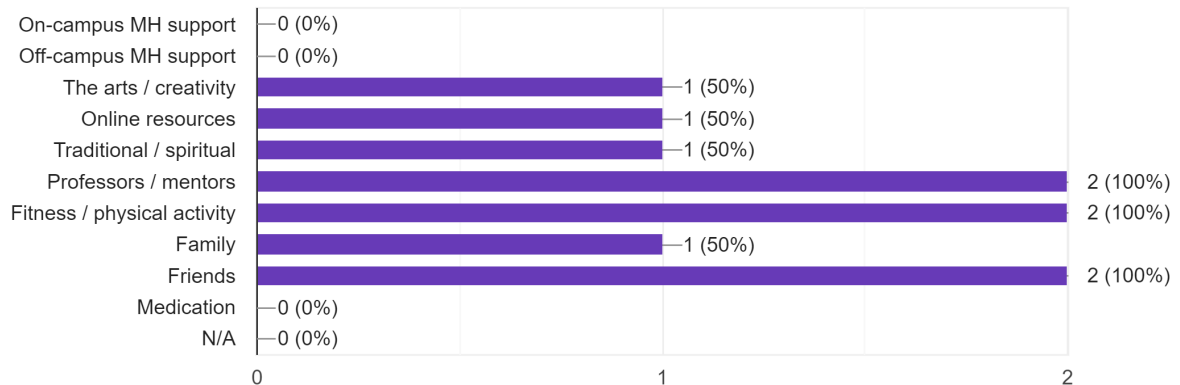
After this event, are you more or less likely to seek support for your own mental health?

3 responses



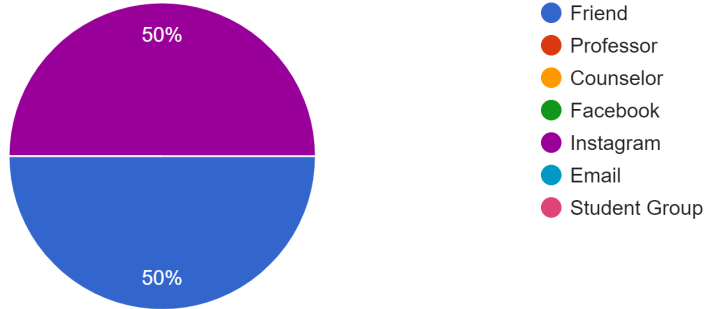
What type(s) of mental health support do you think would be most useful to you?

2 responses



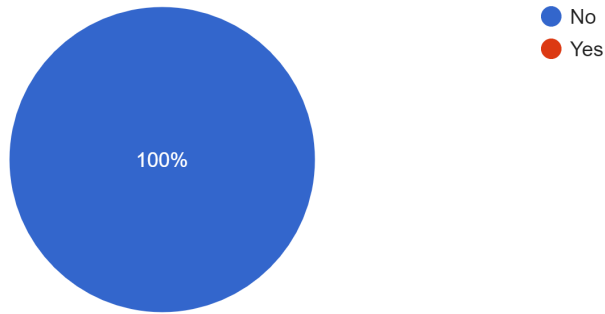
How did you hear about this event?

2 responses



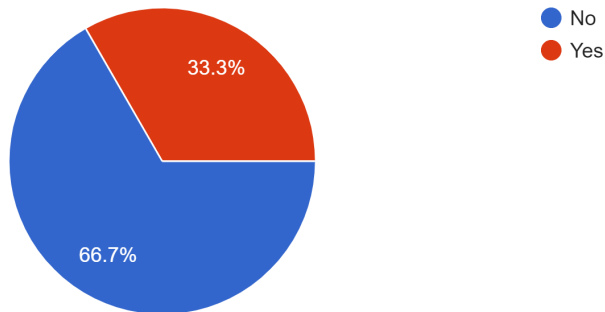
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

3 responses



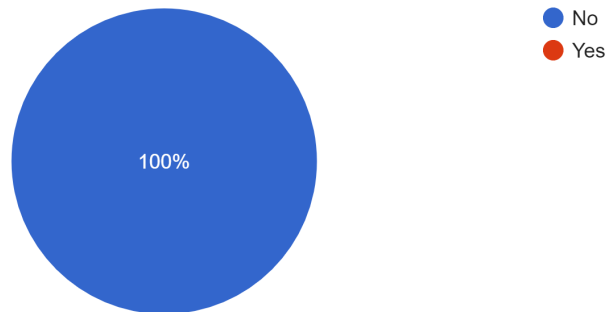
Before this event, did you know about your school's counseling services?

3 responses



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

3 responses



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

- What is comfort to one person may not be comfort to another and that is normal and okay.
- The 8 kinds of self care, creating and setting up an open space
- The importance of recognizing Black Mental Health during this day and age.

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

- Continue to join conversations as an ally and know when to pass on questions and when to speak up.
- Take more active breaks and work on cognitive self care
- The tools provided are good resources to focus on self-care.

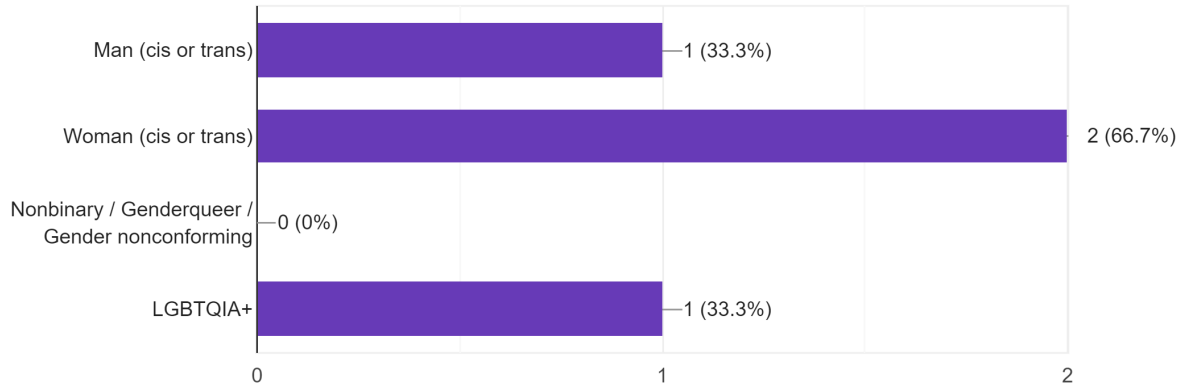
### How can we improve this event in the future?

- Sharing the council circle questions a little in advance, more opportunities for interaction with attendees
- I think the format presented today was fine.

## Demographics

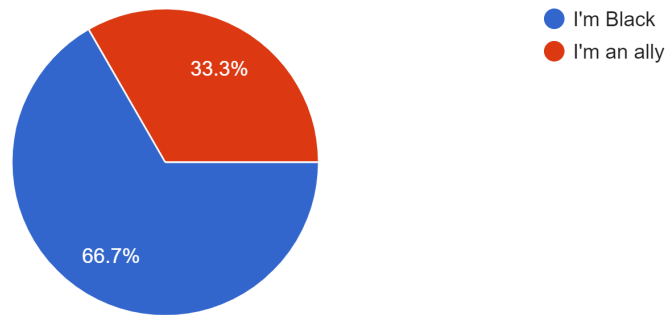
How do you identify? (Check all that apply)

3 responses



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

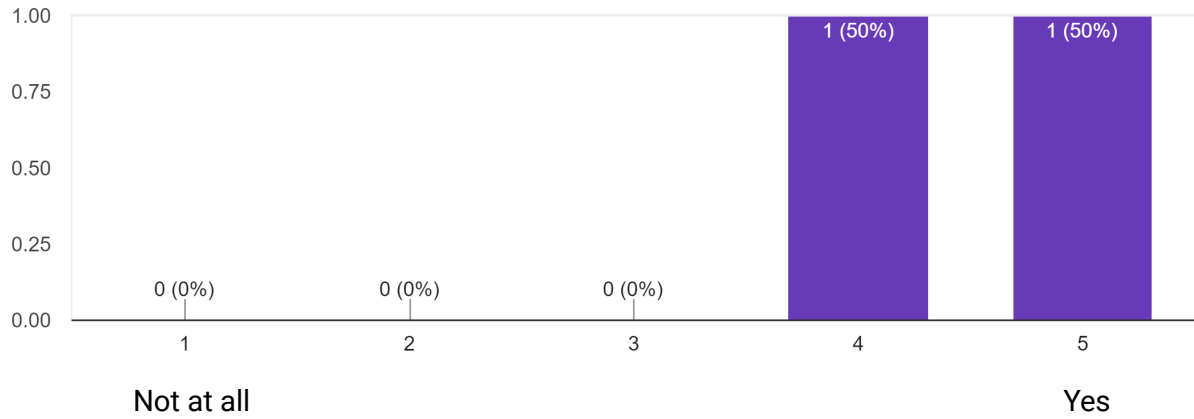
3 responses



## For Black attendees

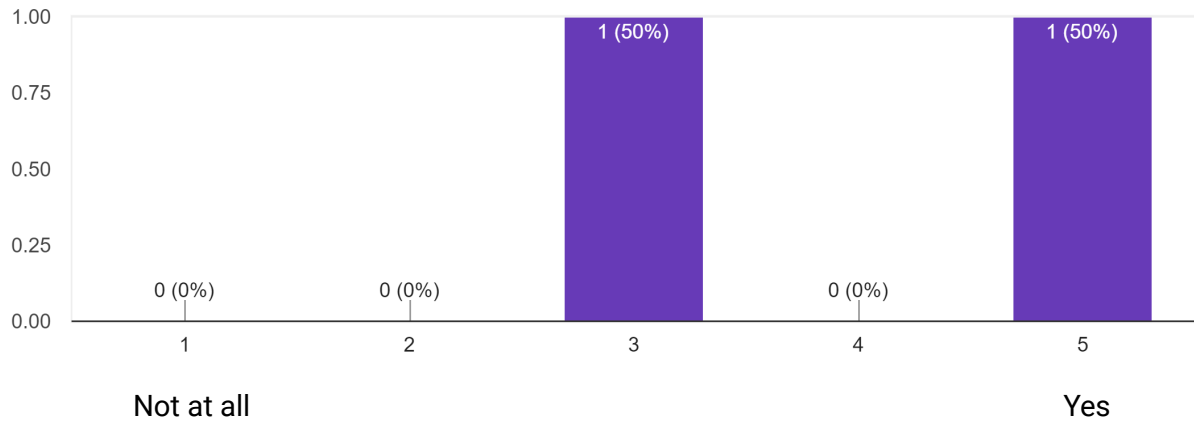
Did this workshop feel like a place of refuge for you?

2 responses



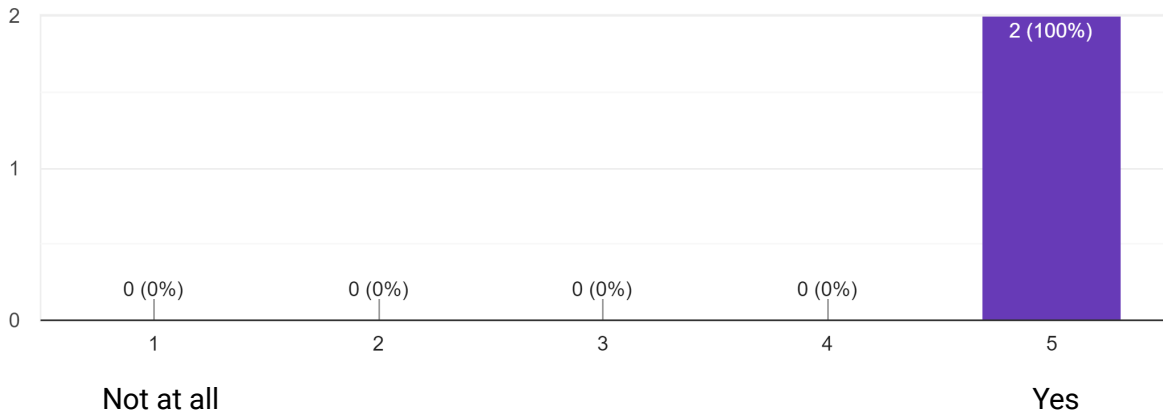
Did this workshop make you feel seen and heard?

2 responses



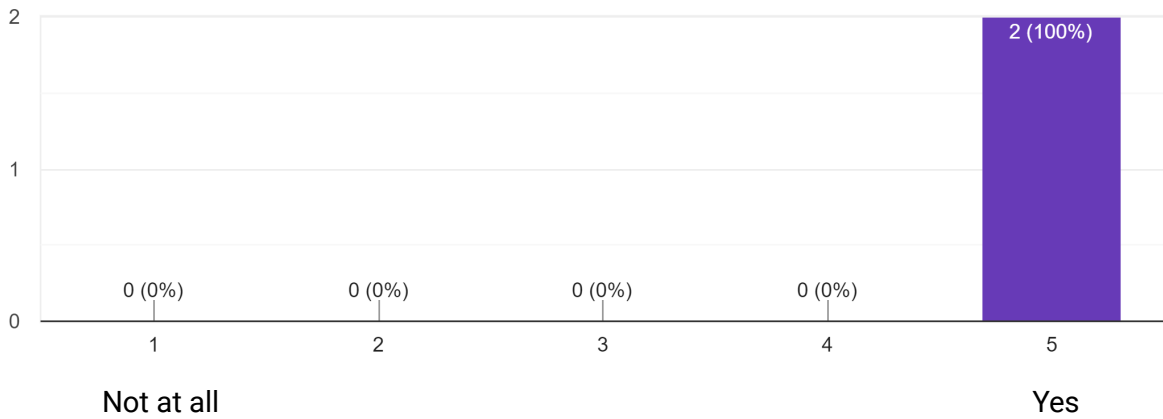
Did this workshop equip you with tools to help you heal and thrive?

2 responses



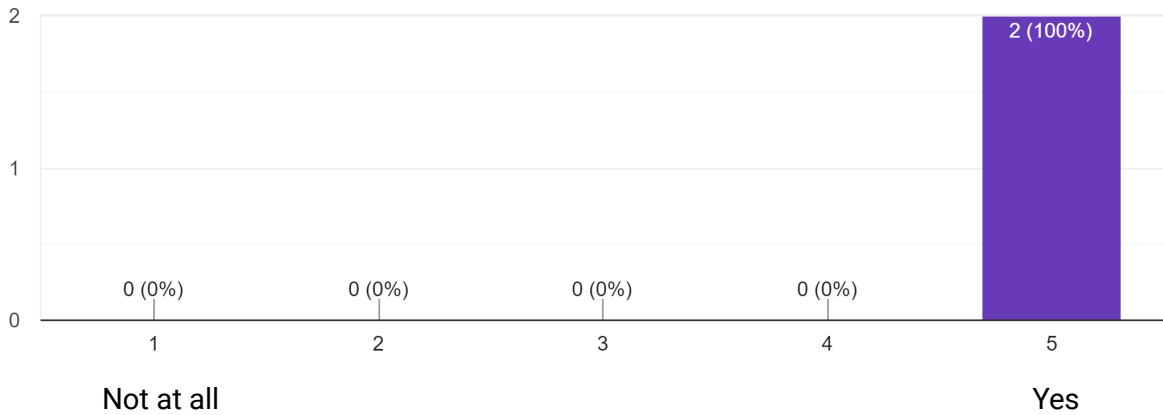
Did this workshop acknowledge your lived experience?

2 responses



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

2 responses



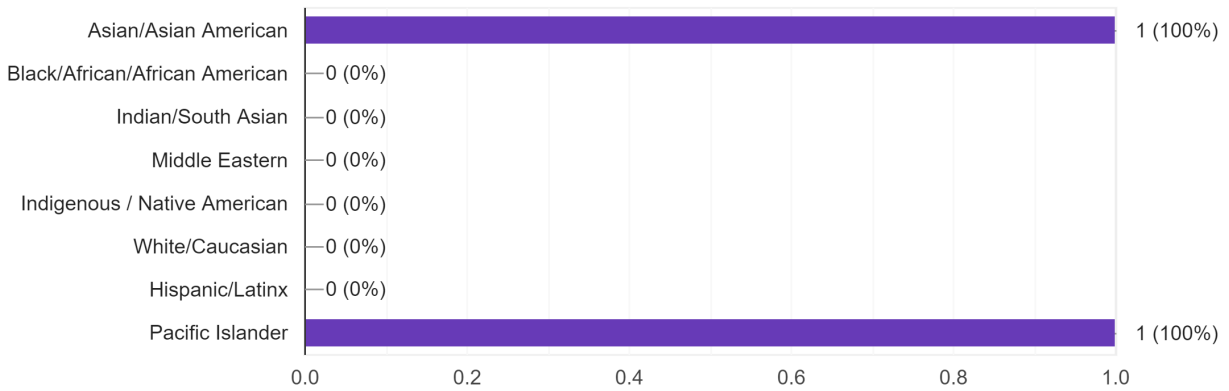
### Is there anything else you'd like to share about your experience?

- Natalie provided a wonderful and safe space for the participants to experience. I loved her warm personality which made me feel comfortable to share. The topics were important and sensitive, but she helped us all process through them - great job!

## For Allies

How do you identify? (check all that apply)

1 response



After this workshop, do you feel better equipped to support the mental health of Black people in your life?

1 response

