

# Black + Mental Health + Matters

## Post-Workshop Evaluations

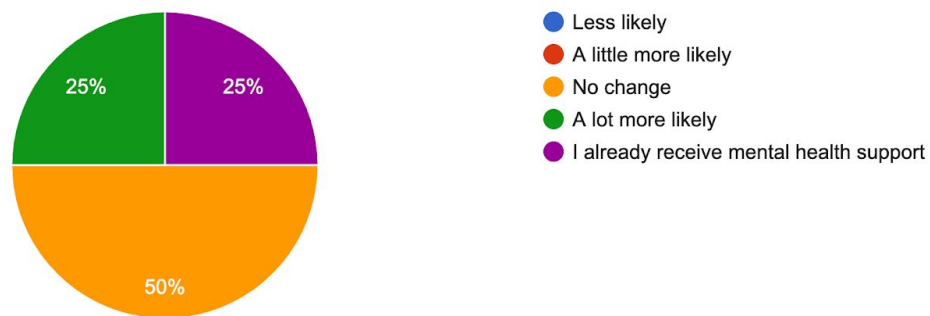
Guelph Black Students Association /  
Guelph Black Heritage Society  
February 17, 2021

Approximate maximum  
attendance: 9  
Number of evaluations: 4

### Outcomes

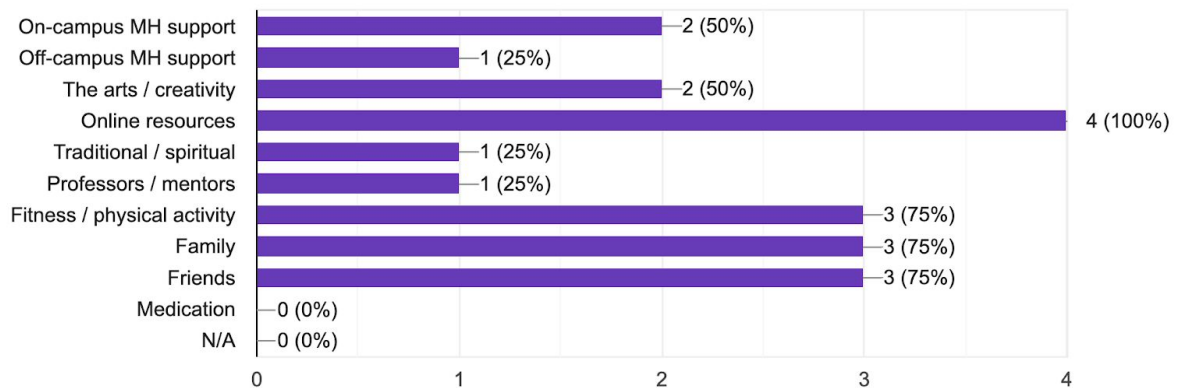
After this event, are you more or less likely to seek support for your own mental health?

4 responses



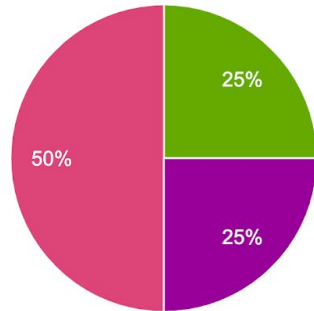
What type(s) of mental health support do you think would be most useful to you?

4 responses



### How did you hear about this event?

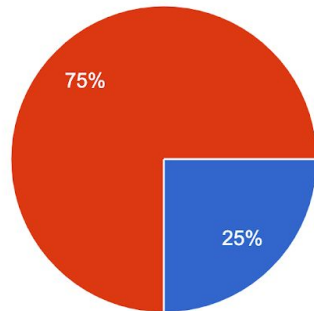
4 responses



- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Black history month calendar of events

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

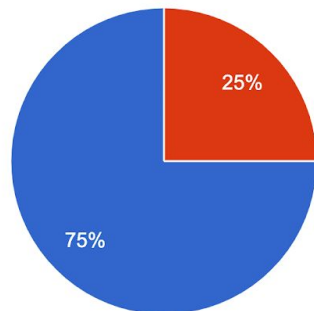
4 responses



- No
- Yes

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

4 responses



- No
- Yes

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

Everyone has imminent value.  
 Being mindful and taking time for self care. Realizing what you prioritize in life.  
 The fact that there are others in the community with similar issues.  
 That resources are available for black Mental and because we are human, we can access them.

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

Going into the world and projecting love and kindness.  
 Make a conscious effort to commit to mindful self care and expression.  
 I will take more time to stop and think that others are feeling the same way too.  
 Encourage people in my circle of influence to reach out for help.

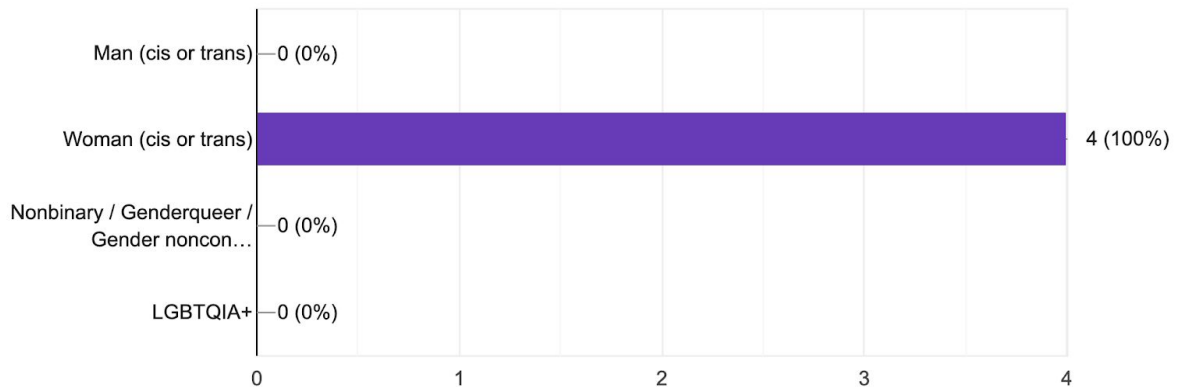
### How can we improve this event in the future?

More interactive sections.  
 No improvements at this time.

## Demographics

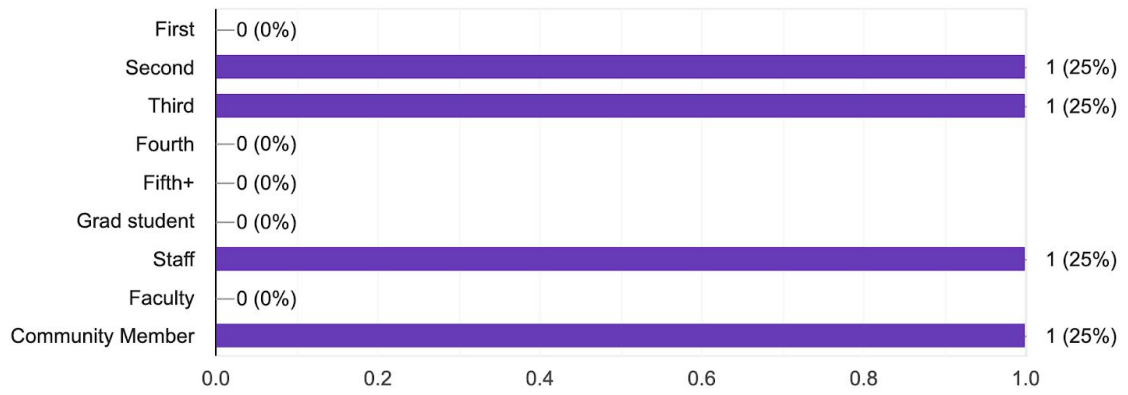
How do you identify? (Check all that apply)

4 responses



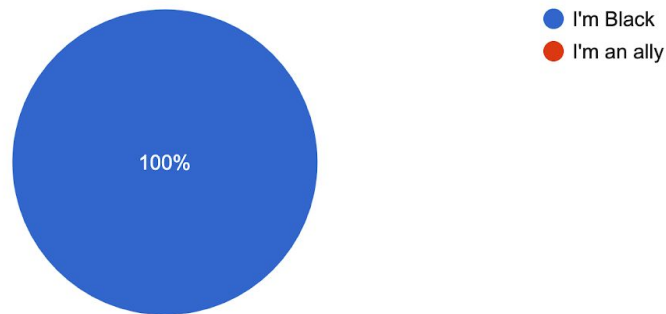
### Year

4 responses



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

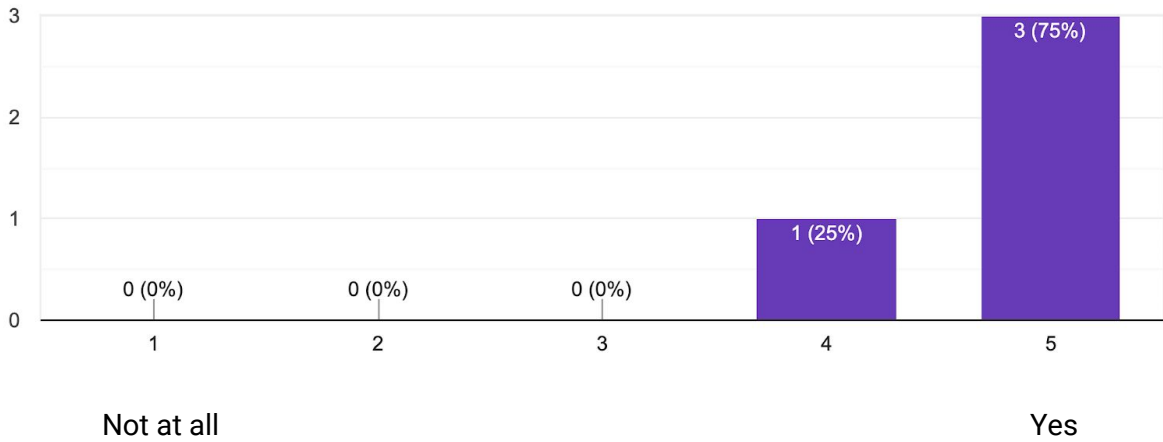
4 responses



## For Black students

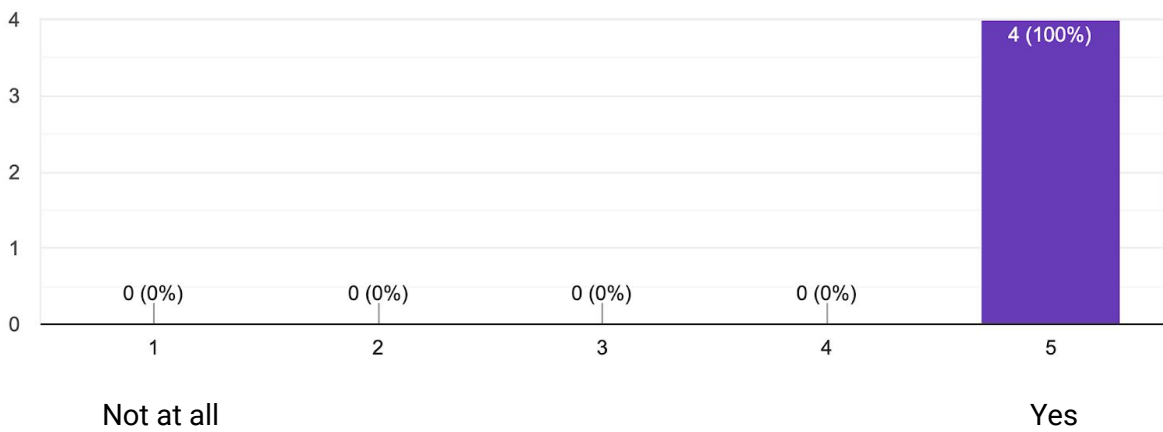
Did this workshop feel like a place of refuge for you?

4 responses



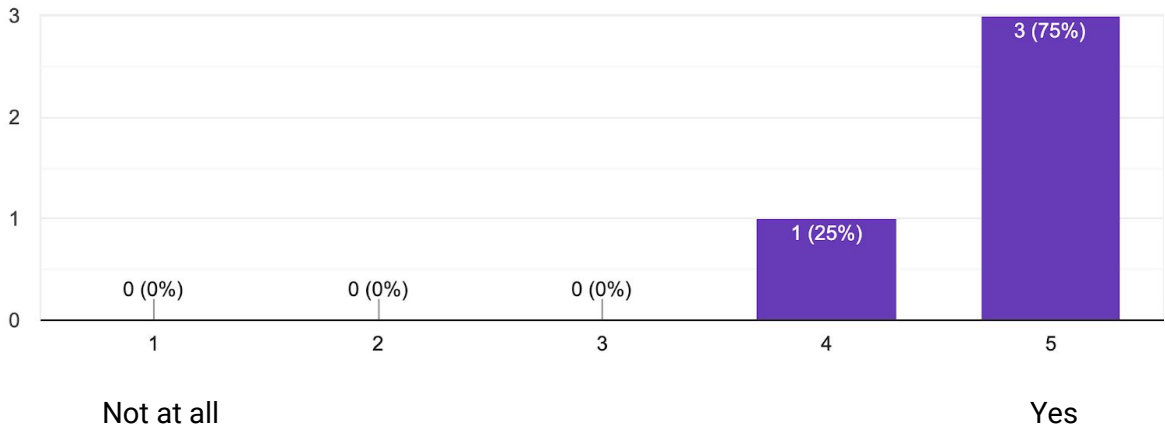
Did this workshop make you feel seen and heard?

4 responses



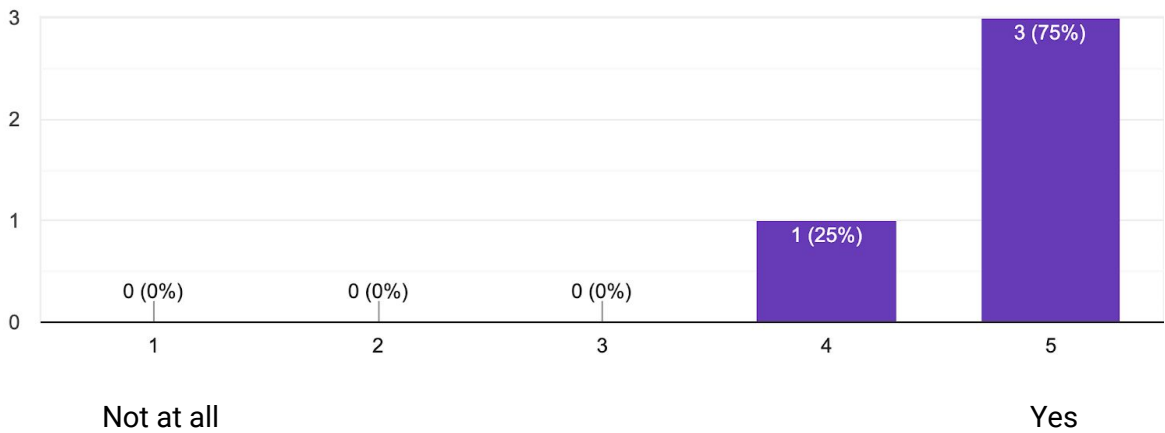
Did this workshop equip you with tools to help you heal and thrive?

4 responses



Did this workshop acknowledge your lived experience?

4 responses



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

4 responses

