

Poetry for Mental Health (Online)

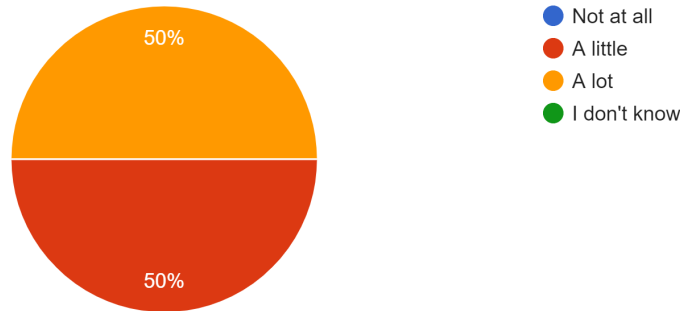
Post-Workshop Evaluations

Humboldt State University
May 3, 2021

Approximate maximum
attendees: 11
Number of evaluations: 4

Did this workshop increase your awareness of mental health issues specific to queer humans?

4 responses



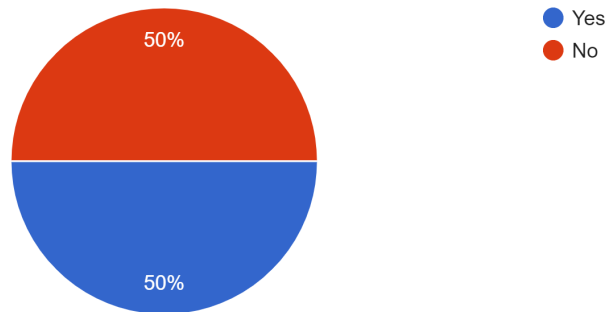
Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

4 responses



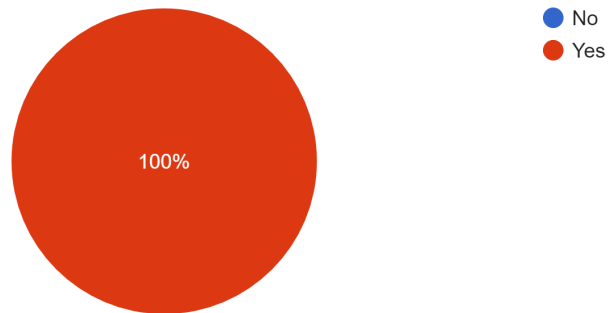
Did you know about the the Mental Health Services Act before this event?

4 responses



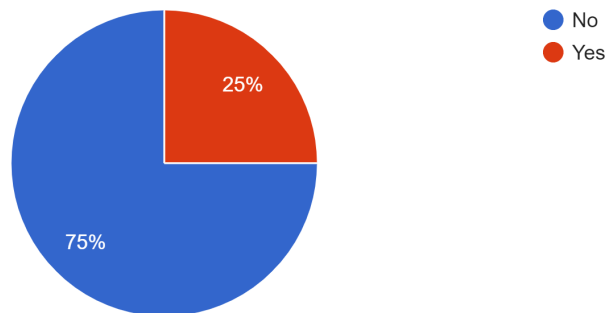
Before this event, did you know about your school's counseling services?

4 responses



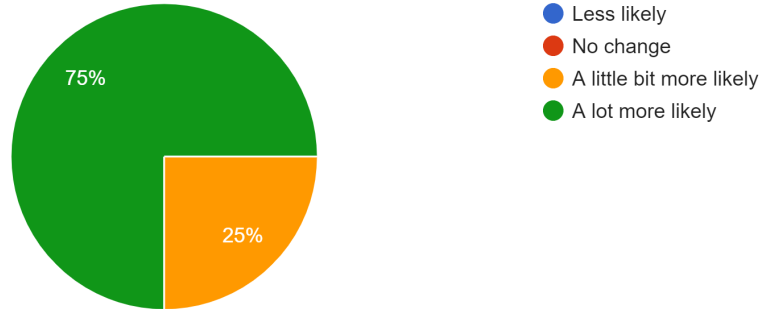
Before this event, did you know about the community resource(s) who presented on the panel?

4 responses



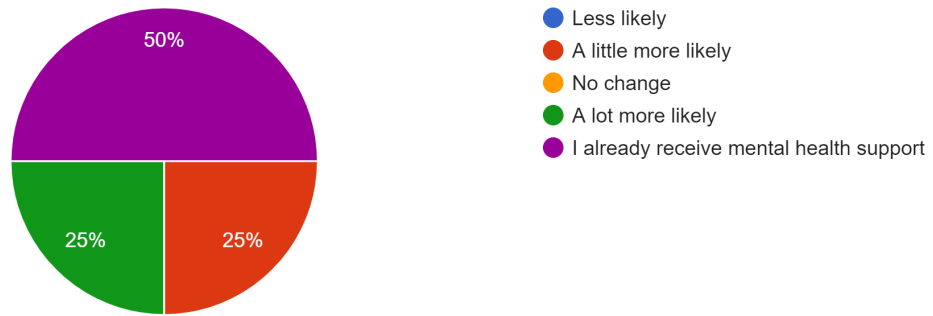
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

4 responses



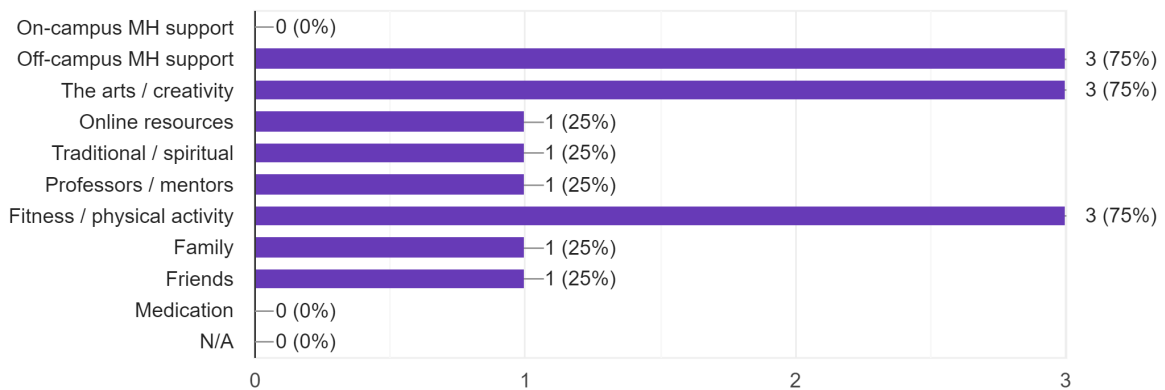
After this event, are you more or less likely to seek support for your own mental health?

4 responses



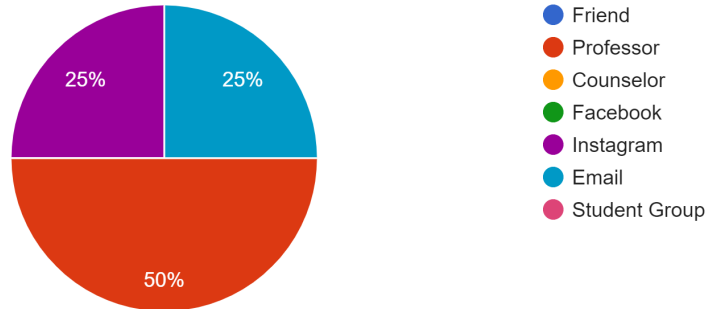
What type(s) of mental health support do you think would be most useful to you?

4 responses



How did you hear about this event?

4 responses



What was your main takeaway?

- community is powerful and necessary
- community and self expression are so important
- learned how to write poetry
- community!!

If you were telling a friend about this workshop, you would describe it as:

- fun and educational
- a wonderful queer space

How might you use what you learned today?

- I'm going to write more
- That we are not alone and the queer community is welcoming regardless of previous experiences
- caps doing online single sessions
- I will use the immerse explore and express

What are the biggest barriers to your mental wellness and/or receiving mental health support?

- stigma with my specific disorder
- anti blackness
- mental energy to interact
- I think just a lack of trust

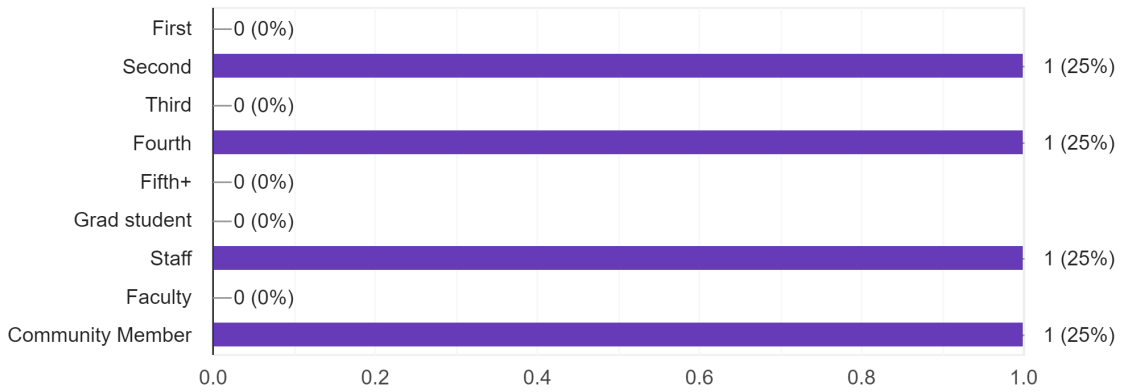
How can we improve this event in the future?

- I thought the event was amazing

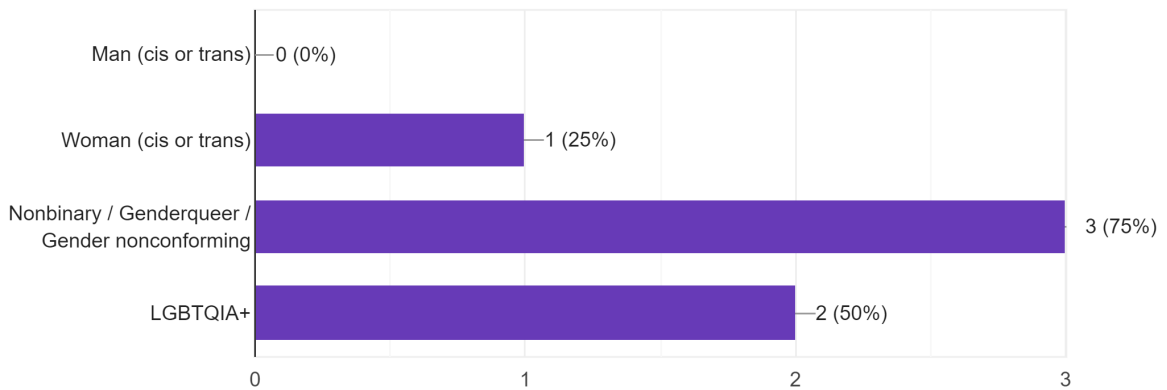
Major

- undeclared
- English
- Studio Art
- social work

Year
4 responses



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



Ethnicity

4 responses

