

Poetry for Mental Health (Online)

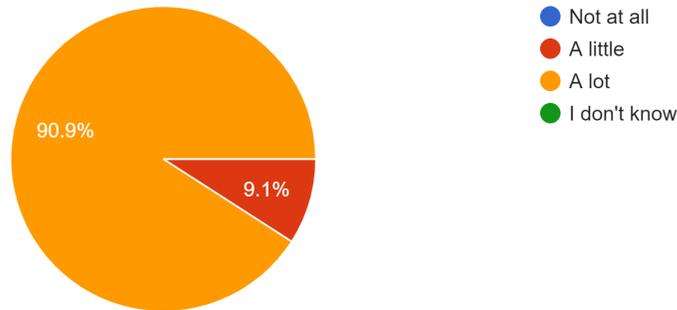
Post-Workshop Evaluations

Long Beach City College
April 29, 2021

Number of attendees: 22
Number of evaluations: 11

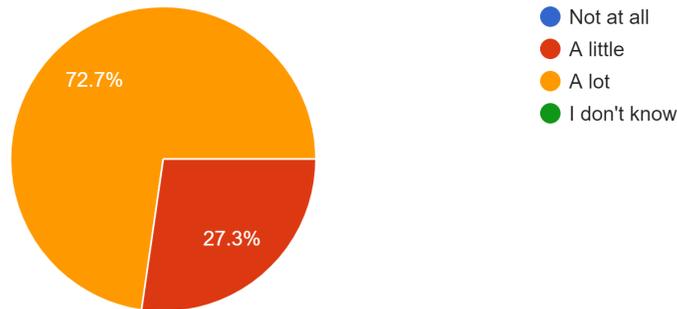
Did this workshop increase your awareness of mental health issues specific to queer humans?

11 responses



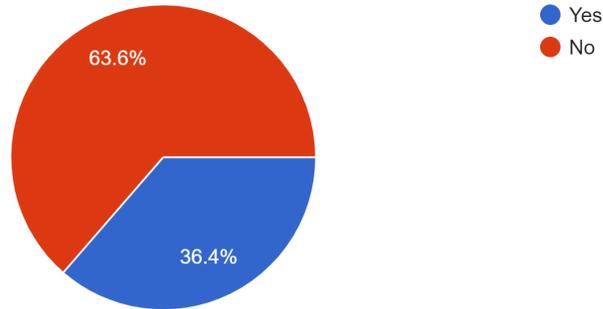
Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

11 responses



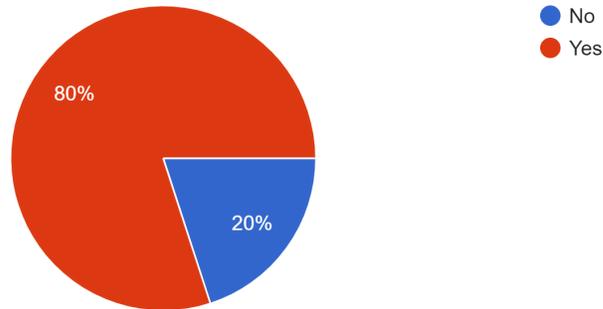
Did you know about the the Mental Health Services Act before this event?

11 responses



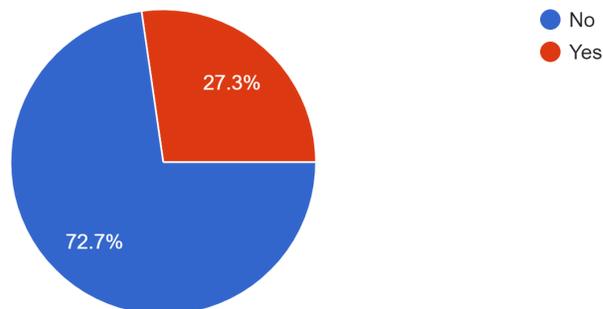
Before this event, did you know about your school's counseling services?

10 responses



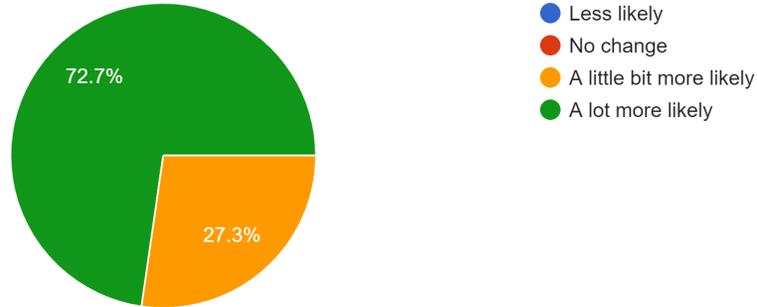
Before this event, did you know about the community resource(s) who presented on the panel?

11 responses



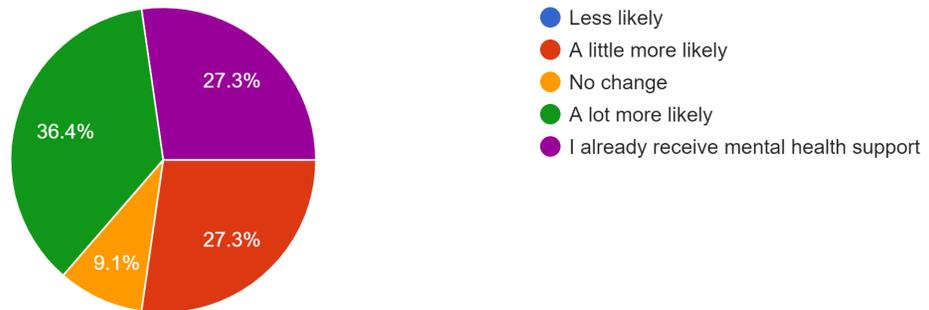
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

11 responses



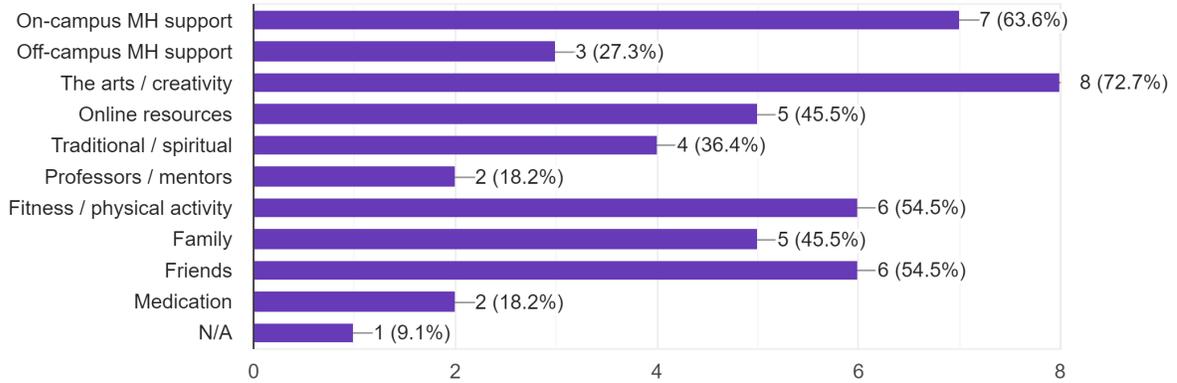
After this event, are you more or less likely to seek support for your own mental health?

11 responses



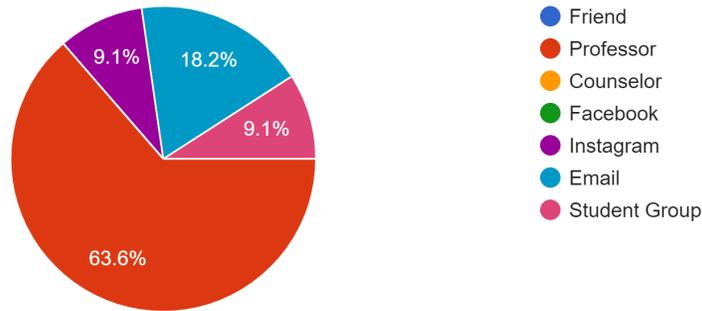
What type(s) of mental health support do you think would be most useful to you?

11 responses



How did you hear about this event?

11 responses



What was your main takeaway?

It's okay to let your voice be heard
 Becoming more active in my community
 That there truly is support out there for you.. all you have to do is look for it.
 felt so warm and resourceful.
 Great Poetry from the soul
 The resiliency and strength our LGBTQ folks must have to continue to move forward.
 The main takeaway was how deep the films were
 emotions into writing
 That everyone that participated in this workshop is super talented, and that I'm not alone in my own journey
 Awareness, and advocacy

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

informative, creative, fun and emotional

Amazing

Its fun and very therapeutic

This is such a friendly space. And a wealth of info, great place to be

Enlightening, fun, and informative

Powerful, Authentic

Empowering and Reflective

Empowering

That it is a beautiful workshop and you'll feel welcomed and seen when you attend

This workshop allows you to see and be aware about the LGBTQ+ and Queer community. Seeing it through an art form and expressing it through art.

Very intense

How might you use what you learned today?

By telling my friends about what I learned and helping them if they are struggling mentally

To help others

Teach people about acceptance.

better informed and able to assist my young fam

When the moment arises I will have what I need to respond

Being a better ally and standing up for others and sharing resources.

I will begin to incorporate poetry in my daily routine and express myself more

Use poetry as a form of expression, or a way to vent

Using art as a way of expression

To understand others

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

(Highlights: see raw data for full list)

Direction

Opening up to people

Just being a mental health nurse, just thinking I got this.

Stigma

The people I live with are one of the main sources for my anxiety and depression episodes to spike. It's hard finding a place to get away

I was fearful of seeking out mental support, because of the stigma and fear of judgment. But I took that and it change my life for the better, now wanting to help others!

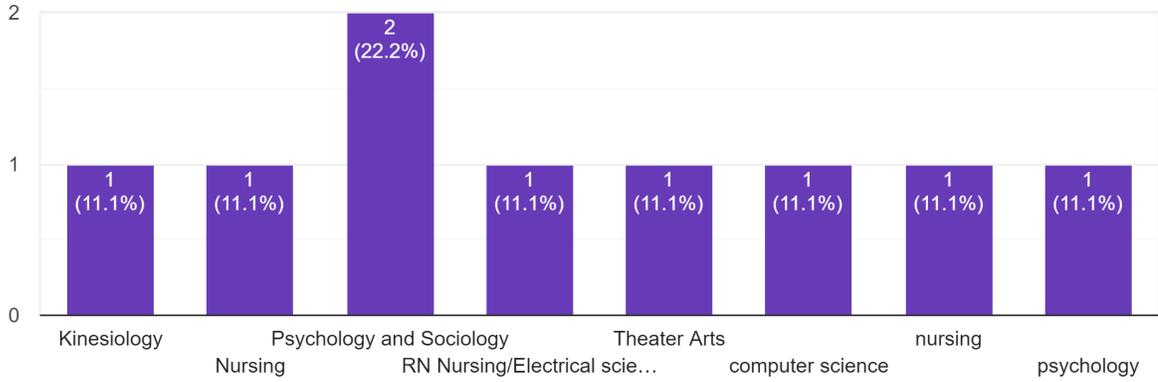
How can we improve this event in the future?

Great event, perhaps having students read poems in their own voice.

Make it longer/multiple days

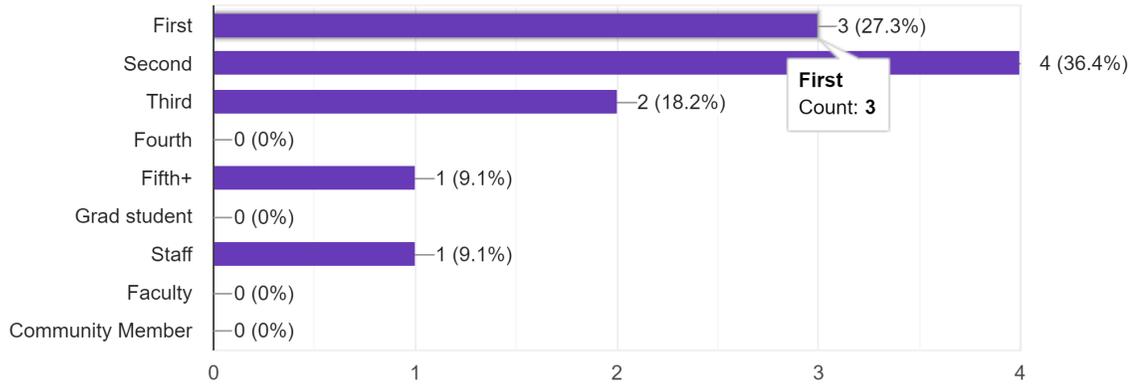
Major

9 responses



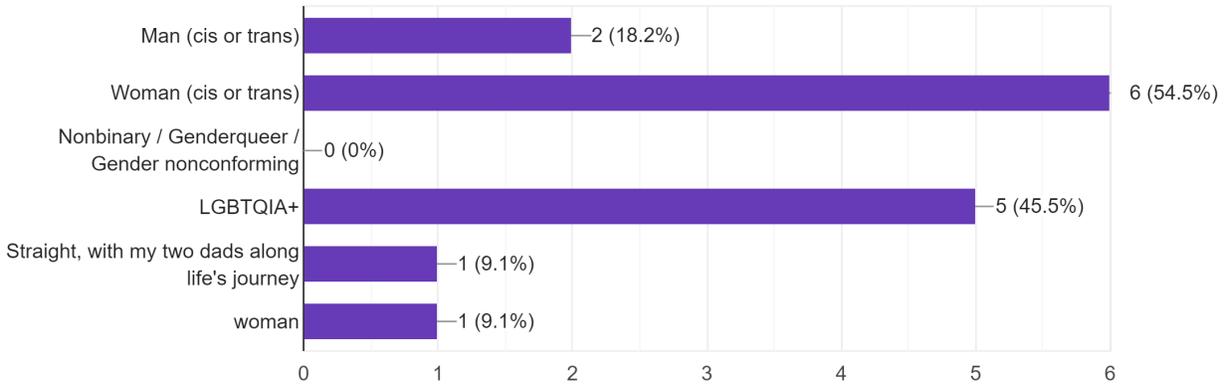
Year

11 responses



How do you identify? (Check all that apply)

11 responses



Ethnicity

10 responses

