

Black + Mental Health + Matters

Post-Workshop Evaluations

St. Norbert College
April 19, 2022

Number of attendees: 11
Number of evaluations: 9

What was your main takeaway from today's workshop?

- That everyone is going through things just as you
- The amount of stressors we have as a black person
- Checking with my own mental health to make sure I'm taking care of myself
- Working on my own personal health. & read li info how much people are going through.
- My mental health is a priority
- There are people that would care for my mental health.
- That it's okay to to be black that you're feelings problems and mental health matters just as much as anyone around you
- I enjoyed the wellness resources especially diving deeper into the different aspects of mental health (financial, relational, environmental etc.)
- Community

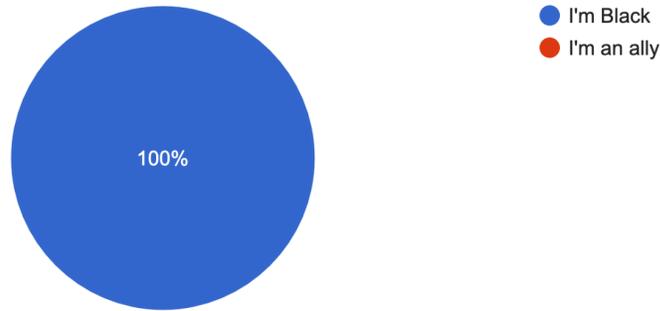
How might you use what you learned today?

- I want to start writing more
- To be there for others to help them with their stressors
- Looking for additional ways for self-care
- Take more time to put myself first.
- There are people out there who care about me specifically because I am black and are here to help me.
- Not letting anyone bring me down for who I am.
- To share more to people, to open up to myself and others and not be afraid to talk about how I feel about my mental health, or anything because it's important

- To heal my personal mental wellness as well as being a resource for my black counterparts to help uplift and support them.
- Ways to connect with others

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

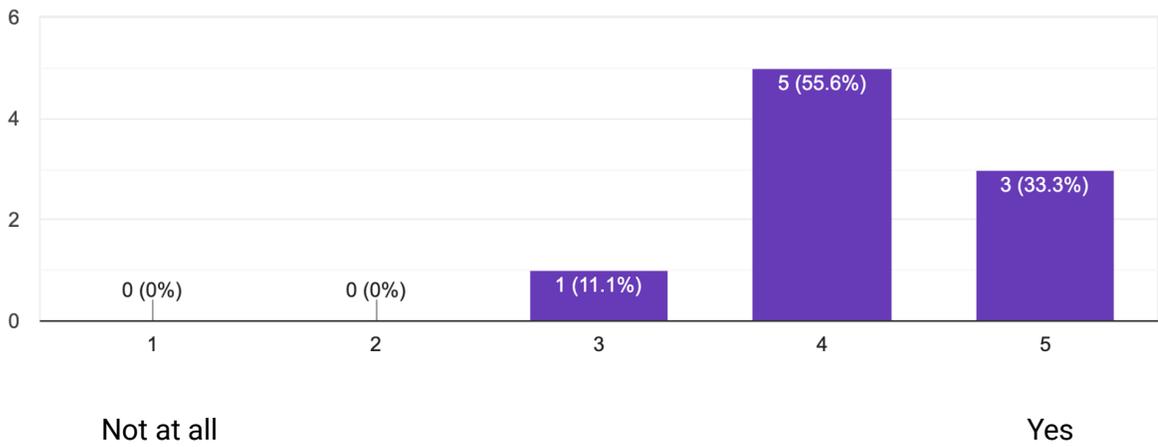
9 responses



For Black students

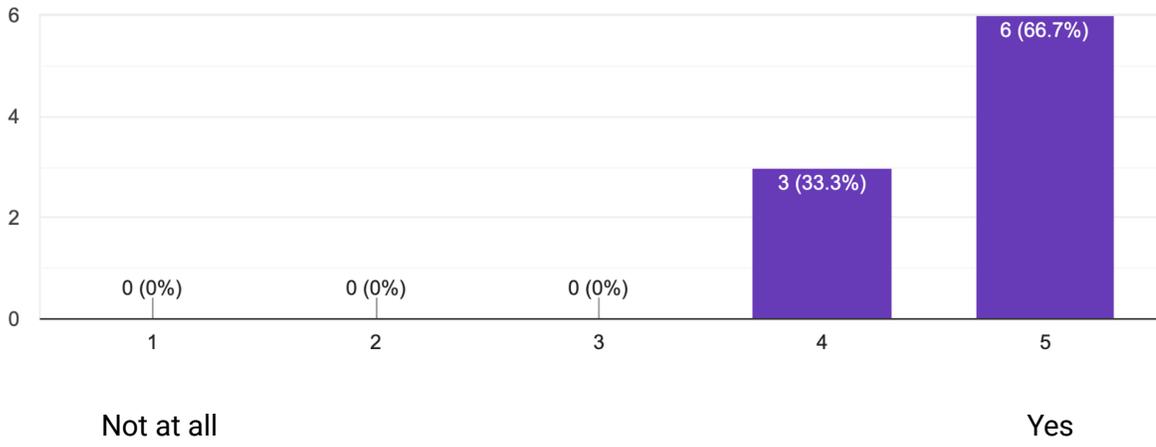
Did this workshop feel like a place of refuge for you?

9 responses



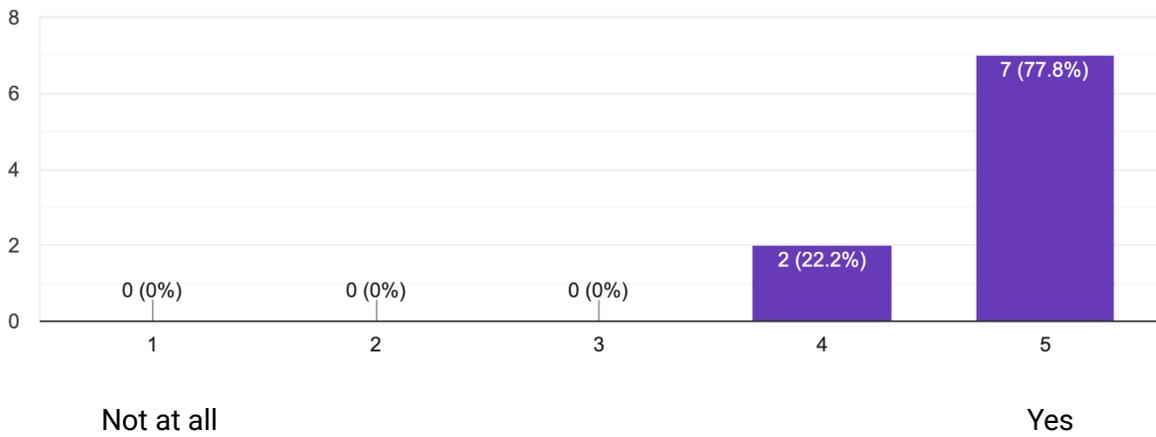
Did this workshop make you feel seen and heard?

9 responses



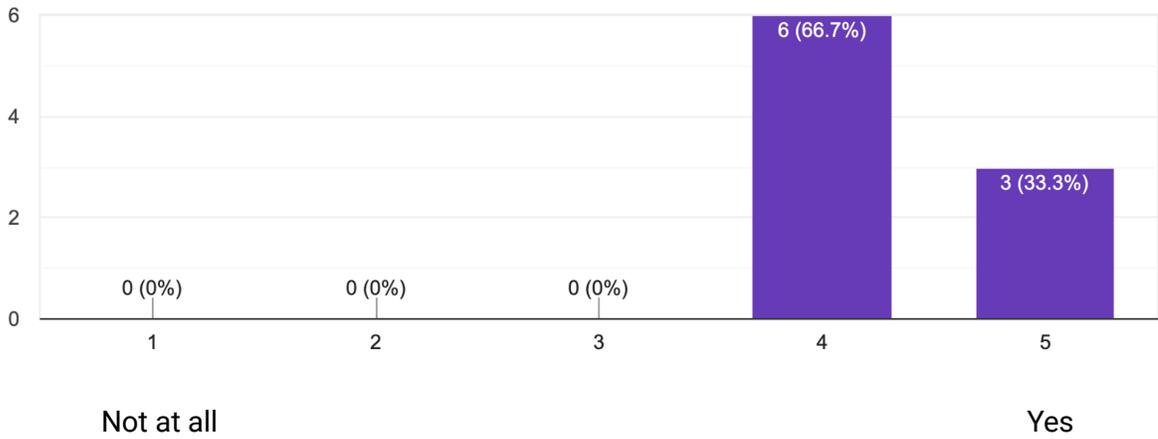
Did this workshop equip you with tools to help you heal and thrive?

9 responses



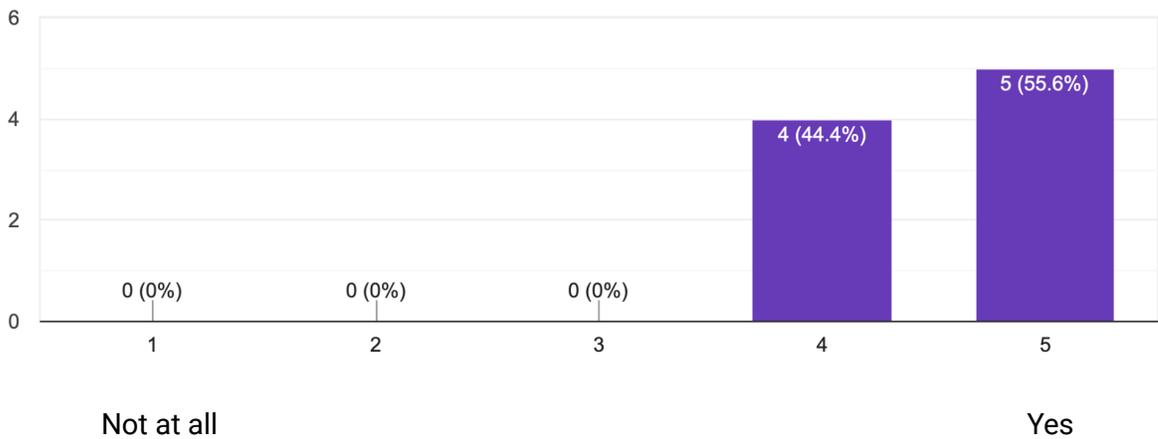
Did this workshop acknowledge your lived experience?

9 responses



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

9 responses



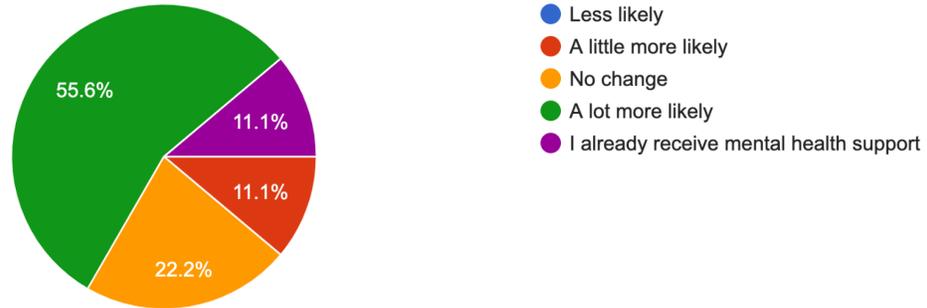
Is there anything else you'd like to share about your experience?

- I'm glad I came and was able to have the courage to share how I felt because I never would have thought to come and share and the fact that I did was a huge breakthrough for me.
- Thank you so much!
- History before slavery

Outcomes

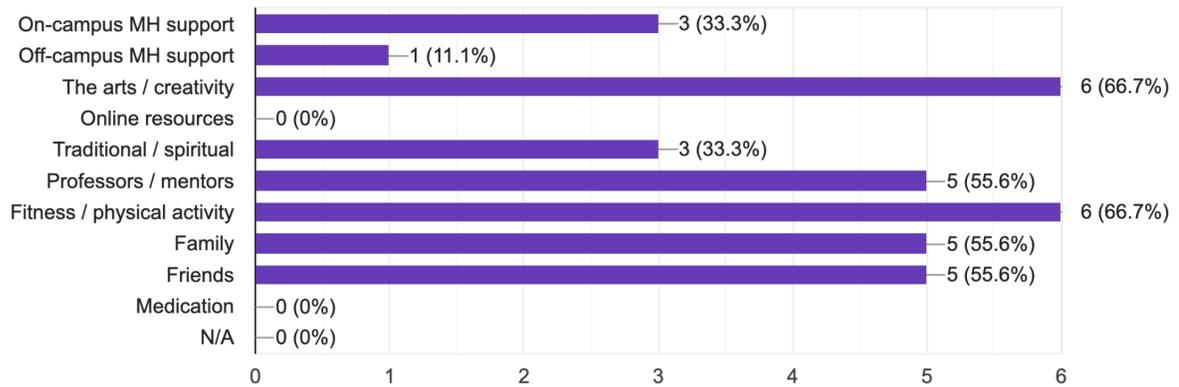
After this event, are you more or less likely to seek support for your own mental health?

9 responses



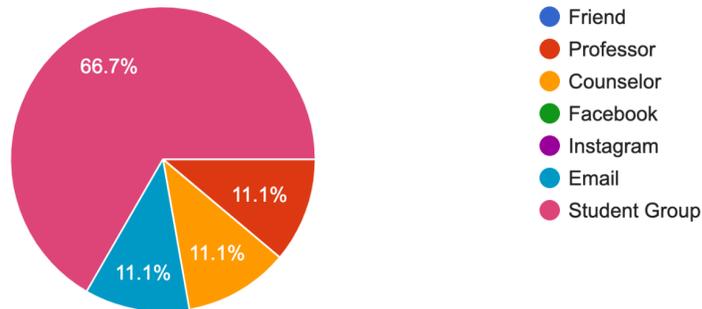
What type(s) of mental health support do you think would be most useful to you?

9 responses



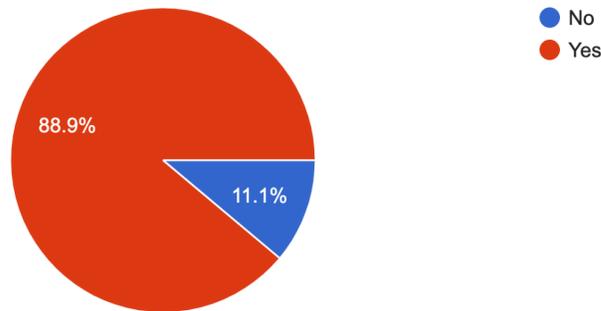
How did you hear about this event?

9 responses



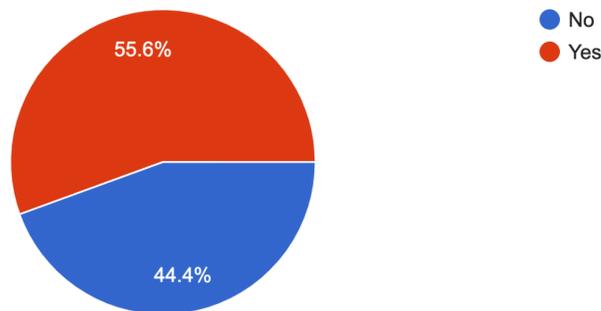
Before this event, did you know about your school's counseling services?

9 responses



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

9 responses



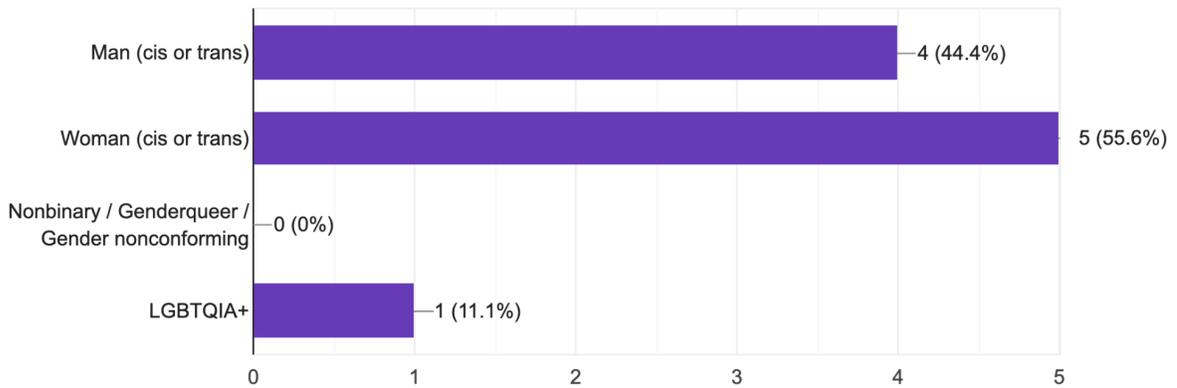
How can we improve this event in the future?

- Maybe a better time. Some students may not have class but still early enough where they could be having tutoring, extracurricular activities, or meeting. So a time like 6pm
- allowing everyone to write anonymously and sharing everyone thoughts.
- Keep sharing more about how black mental health matters and the help people can get when in need
- It was great

Demographics

How do you identify? (Check all that apply)

9 responses



Major	
Psychology	25%
Business Management	38%
Global business	12%
English	12%
Biomedical	12%

Year

9 responses

