



SALT 6

BLACK HISTORY MONTH DIALOGUE

Healing Through Dialogue - Focusing on Mental Wellbeing

FEBRUARY 15, 2024

PHOENIX HALL, WATTS LABOR COMMUNITY ACTION CENTER

DIALOGUE PURPOSE & QUESTION TOPICS

Encourage empowerment, education, stigma reduction, and community holistic wellbeing

ACCESS TO SERVICES

COVID'S IMPACT

MENTAL ILLNESS

YOUTH & SUICIDE

RACIAL TRAUMA

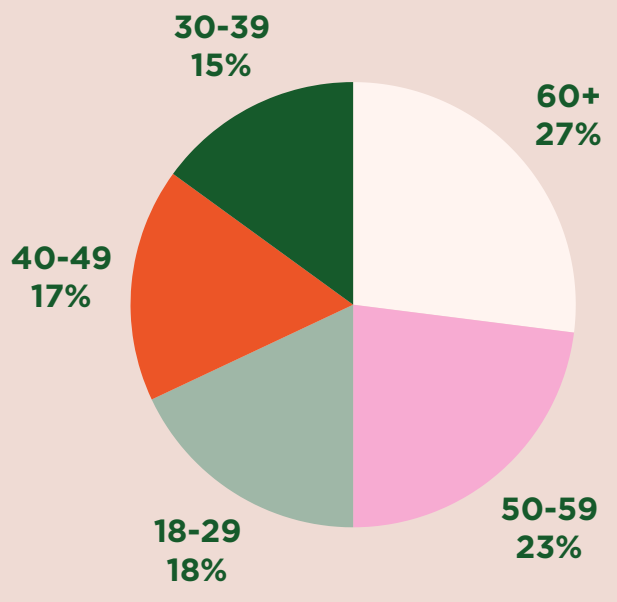
140 PARTICIPANTS

GENDER OF PARTICIPANTS

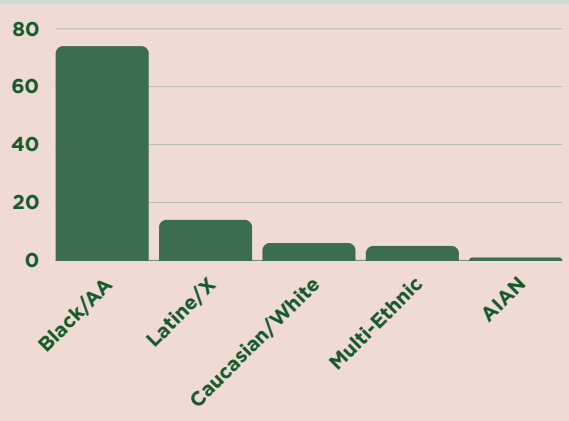


76% Female
22% Male
2% Non-Binary

AGE OF PARTICIPANTS



RACE/ETHNICITY OF PARTICIPANTS



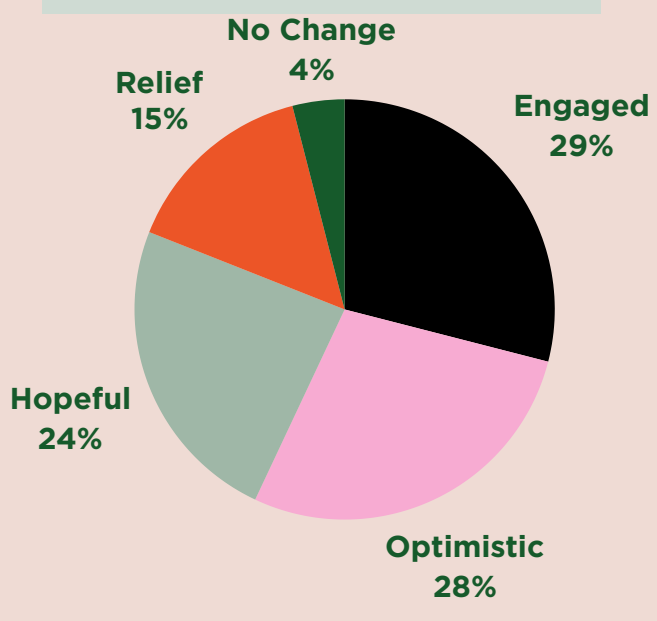
DIALOGUE IN ACTION

This dialogue on Mental Wellbeing was a centerpiece of DMH-SALT 6 Black History Wellness and Resource Fair. The event welcomed 140 participants from the greater South L.A. community including Watts, Wilmington, Long Beach, Compton, and Inglewood. The majority of participants (23%) represented the nonprofit sector. Others worked in mental health, homelessness, education, and faith-based services.



98% of survey respondents believe in dialogue

POST DIALOGUE FEELINGS



TOP 5 ACTIONS PARTICIPANTS WILL DO THE NEXT DAY

1. Educate/advocate for mental health practices.
2. Share mental health resources.
3. Practice personal self-care.
4. Improve relationships with people living with mental illness.
5. Promote dialogue practices.

