

Final Questions Set

1. What are some of the biggest threats to Black mental health?
 - a. How do we conquer the things threatening our mental health?
2. What was 2020 like for you regarding your mental health?
3. What were some of the Pros and Cons with your family's during quarantine?
4. Did you notice any changes in incidents of police brutality during the pandemic and how did they make you feel?
5. Does participating in or seeing marches and protest effect your emotional state?
6. Do you believe racism is still prevalent in America today? If so, why?
 - a. Can you give an example of a racist interaction you've dealt with?
7. Why do you think shadeism exists?
 - a. Have you ever felt insecure about your own skin tone?
 - b. Why do you think Blackfishing exists?
8. Do you think there is a negative stigma on talking about mental health in the Black community? If so, why?
 - a. Do you think Black people suffer from increased rates of mental health concerns when compared to white people?
9. In what ways do you think Black people are affected by intergenerational trauma?
 - a. What kind of institutional support do we have for intergenerational trauma?