



AWARENESS & OUTREACH DEPARTMENT

JANUARY-JUNE 2021
REPORT



1 INTRODUCTION

Between January to June 2021, Embrace hosted numerous mental health awareness sessions targeting a wide and diverse audience including high school students, university students and staff, young girls, employees, youth, and social media users. While the sessions generally discussed mental health awareness, some were more focused on tackled specific topics such as Post Traumatic Stress Disorder (PTSD), Suicide, Psychological First Aid, Mental Health in the Workplace, and Mental Health during COVID. The topics covered varied based on the needs and interests of the collaborative parties.

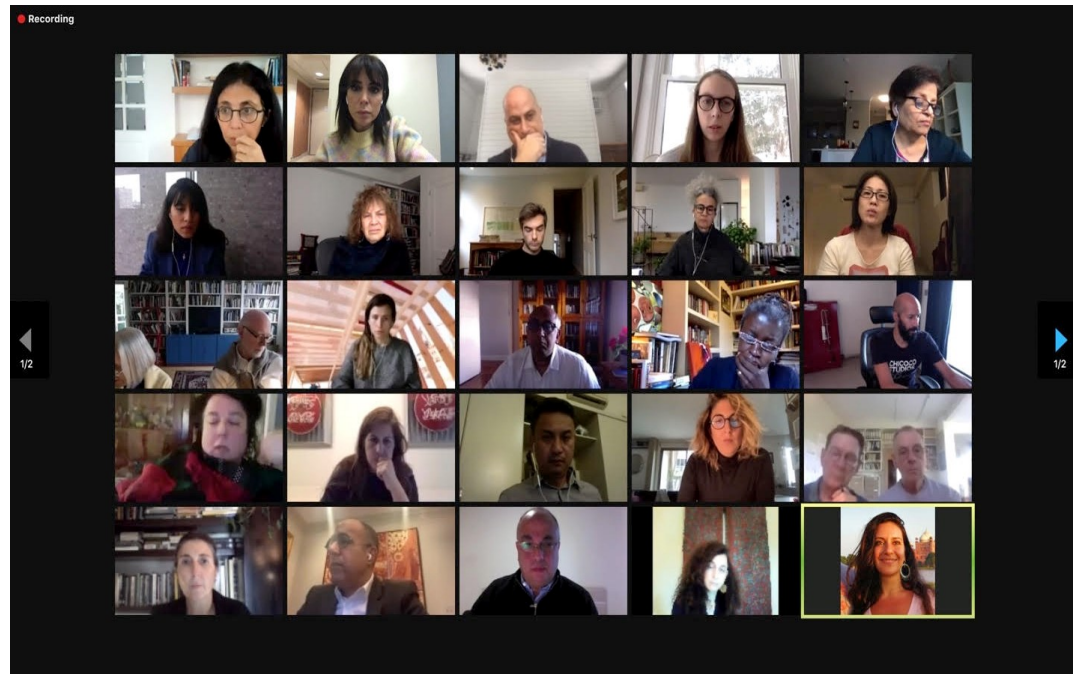
Following each session, participants were invited to complete a post-evaluation survey. The survey evaluated ratings of overall experience, session presentation, objectives, and logistics. During the months of January and February, all sessions were held online due to nation-wide mobility and meeting restrictions in light of COVID-19. Subsequently and with the gradual lifting of COVID restrictions, face-to-face sessions have been slowly reintroduced. the majority of sessions were carried out online, and this has contributed to low post-evaluation response rates.



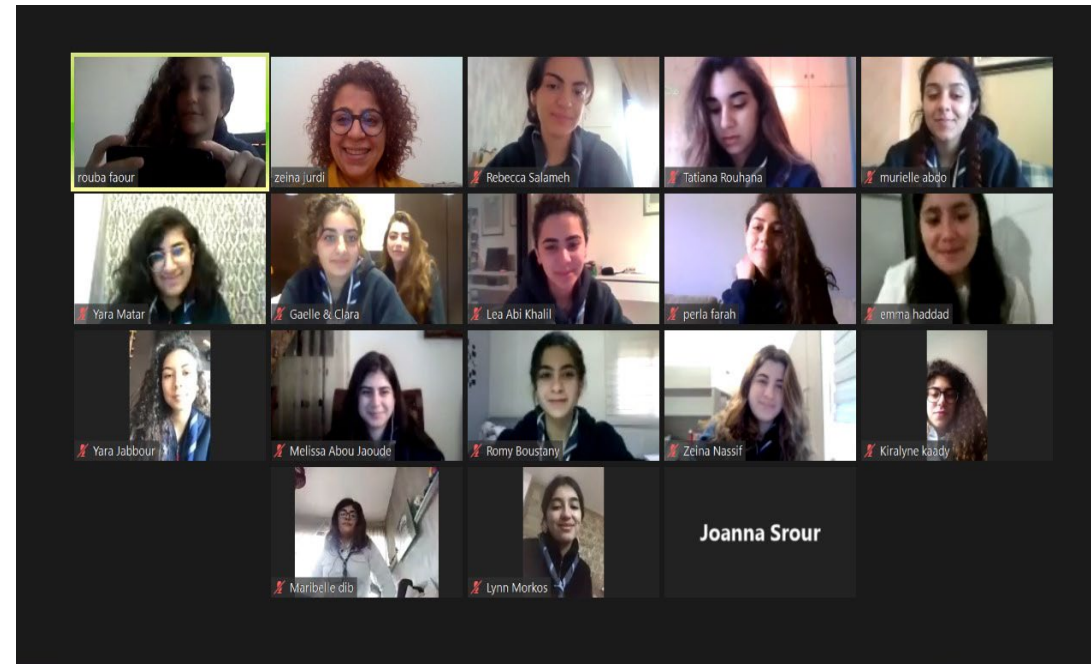
SESSION WITH SOUK EL TAYEB & PIERRE GUILLEME
15th of March



SESSION WITH TOUCH
27th of May



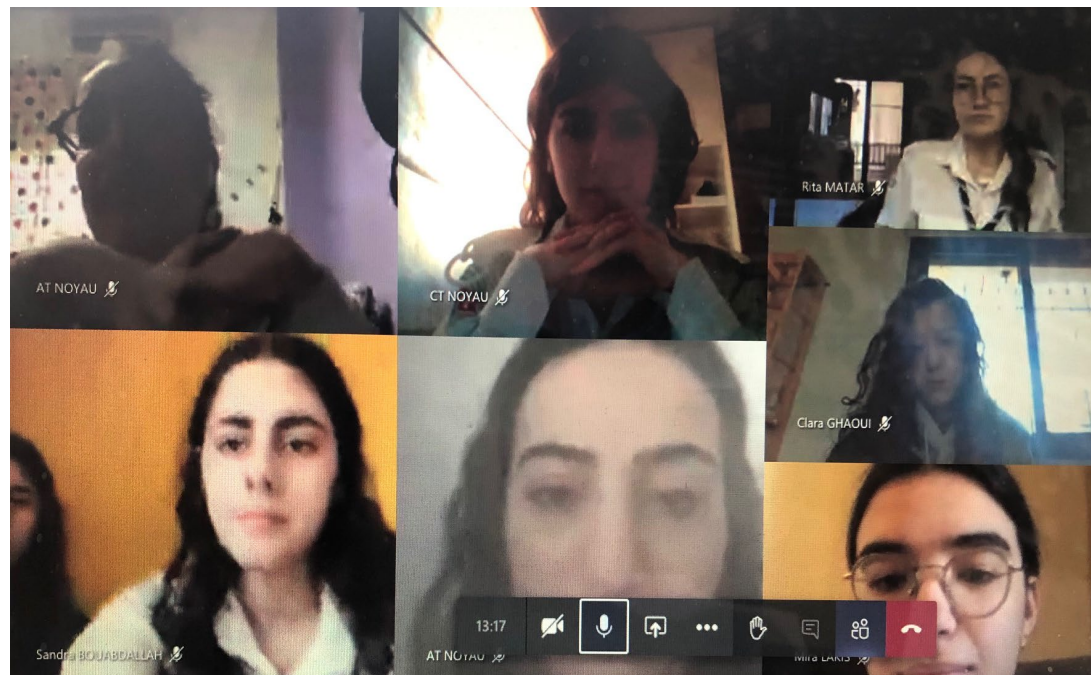
THE RECOVERY OF BEIRUT WEBINAR
27th of January



**SESSION WITH USAID-LAU CSP
/SARAFAND PUBLIC HIGH SCHOOL**
7th of February



CONFERENCE WITH SCIENCE PO STUDENTS IN PARIS
12th of February



**SESSION WITH GUIDES DU LIBAN
SAGESSE BRASILIA**
27th of February



ATHENA 40 3rd GLOBAL CONFERENCE
8th of March



WORKSHOP WITH LeMSIC-BRAIN HEAT
26th of March



SESSION WITH URDA-BEKAA
29th of April



SESSION WITH URDA-AINAB
5th of May



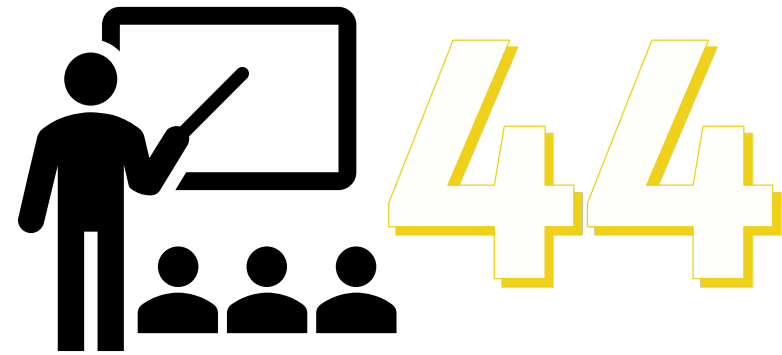
SESSION WITH URDA-AKKAR
5th of May



SESSION WITH AL MAKASSED SCHOOL
21st of May

3 GENERAL INFORMATION ABOUT A&O ACTIVITIES

TOTAL NUMBER OF SESSIONS



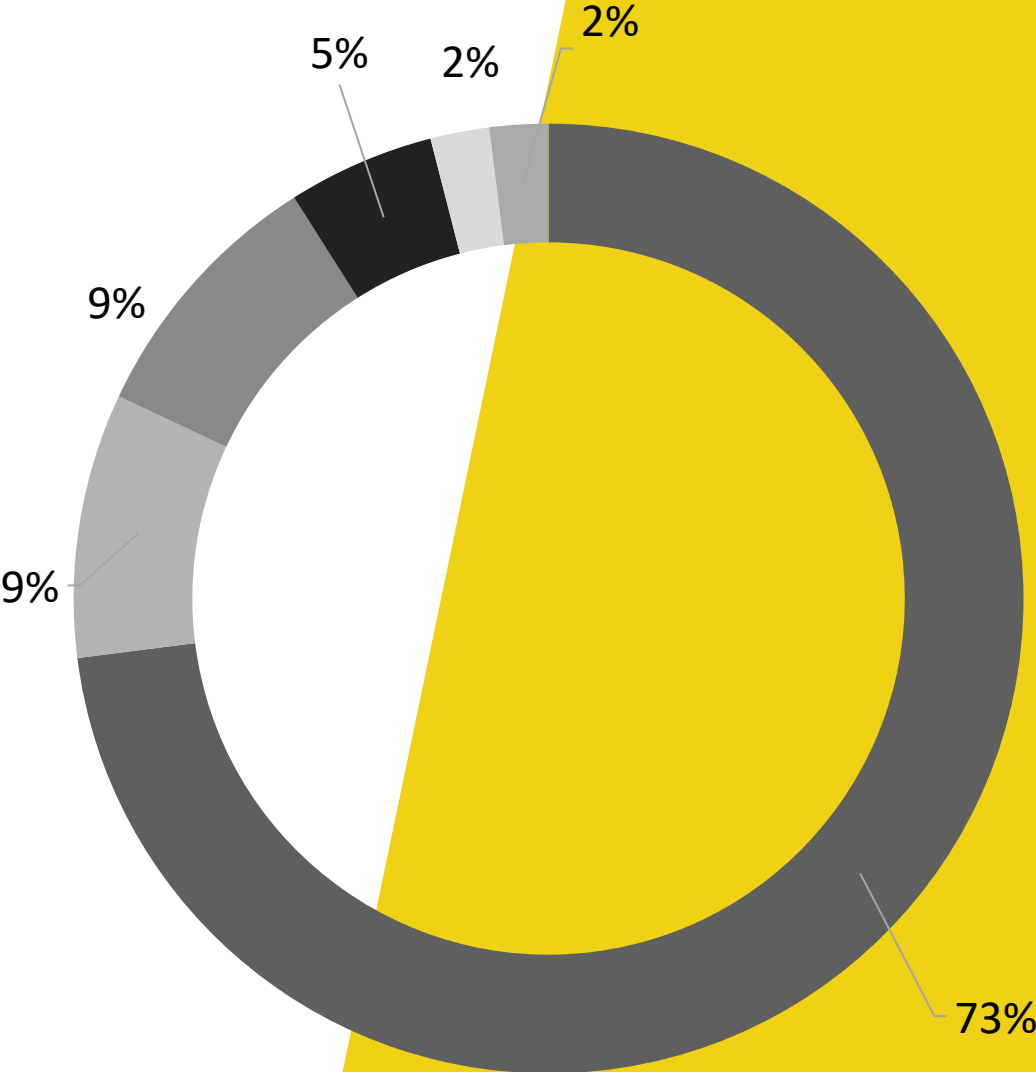
TOTAL NUMBER OF ATTENDEES



TYPE OF SESSIONS

The majority of the sessions held were **Community Outreach Sessions**

73%

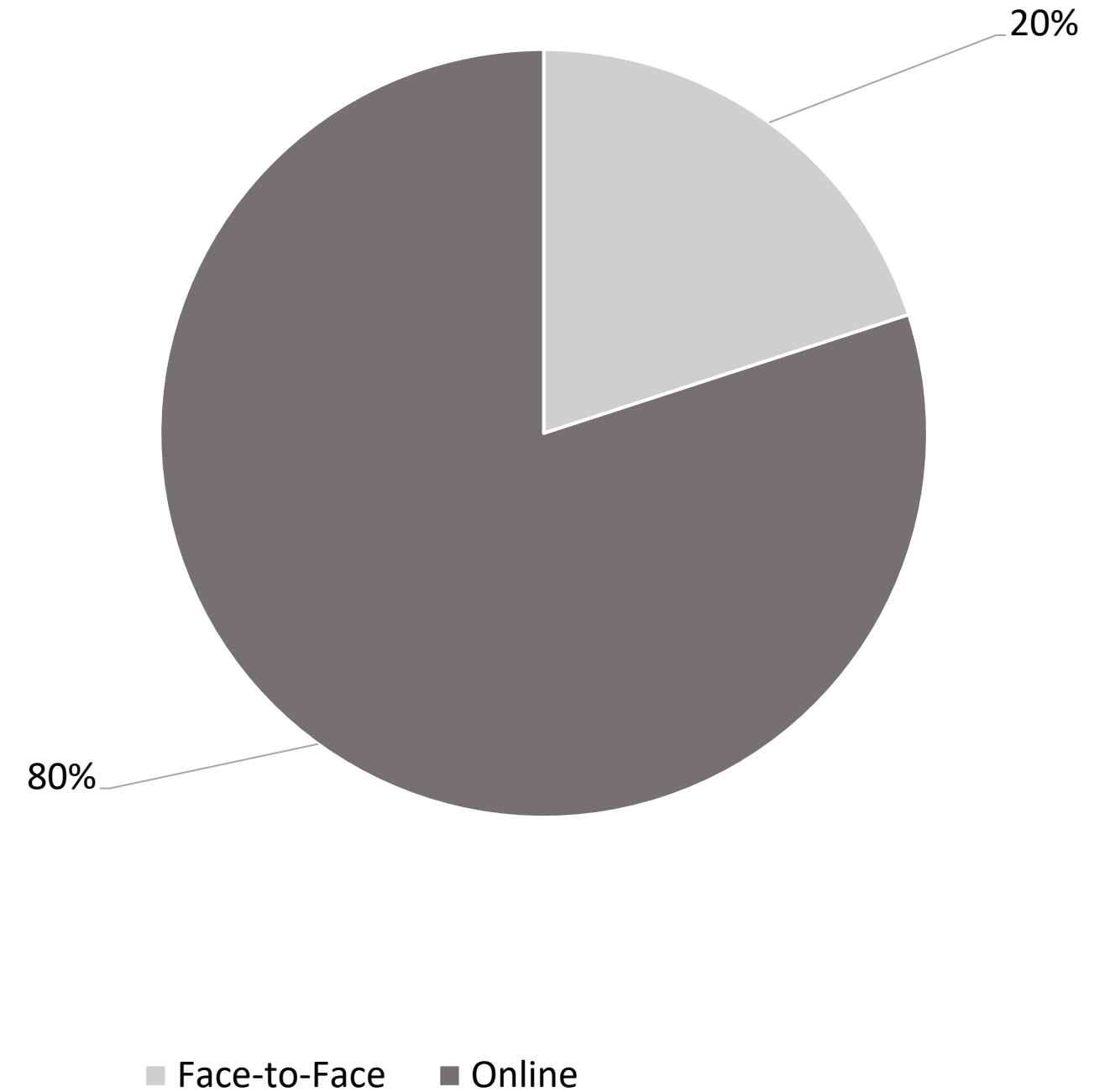


- Community Outreach
- Webinar/Conferences
- Instagram Live Talks
- Podcasts
- Workshop
- Other

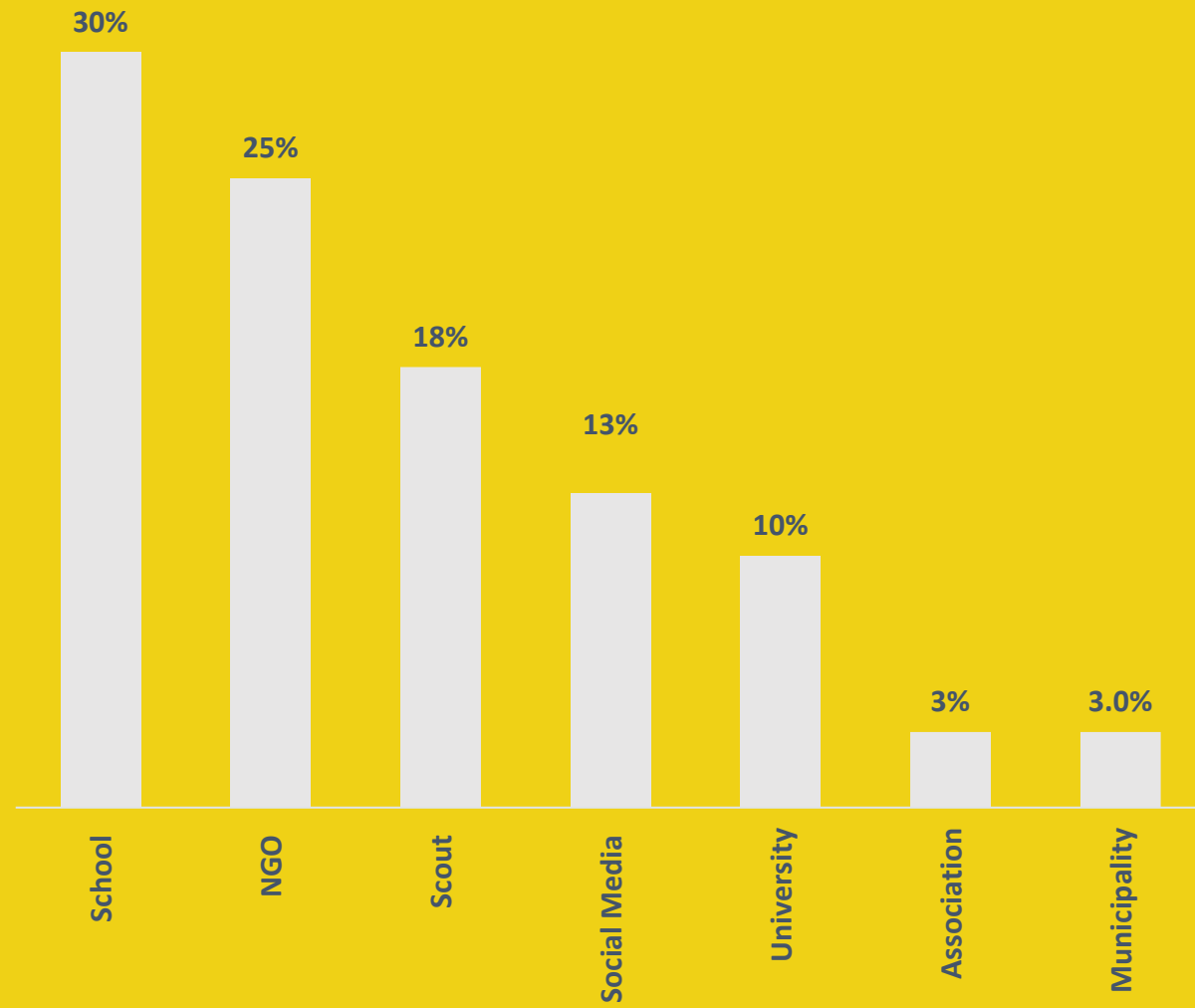
**Due to the COVID-19 Lockdown,
most of the sessions were held Online**

80%

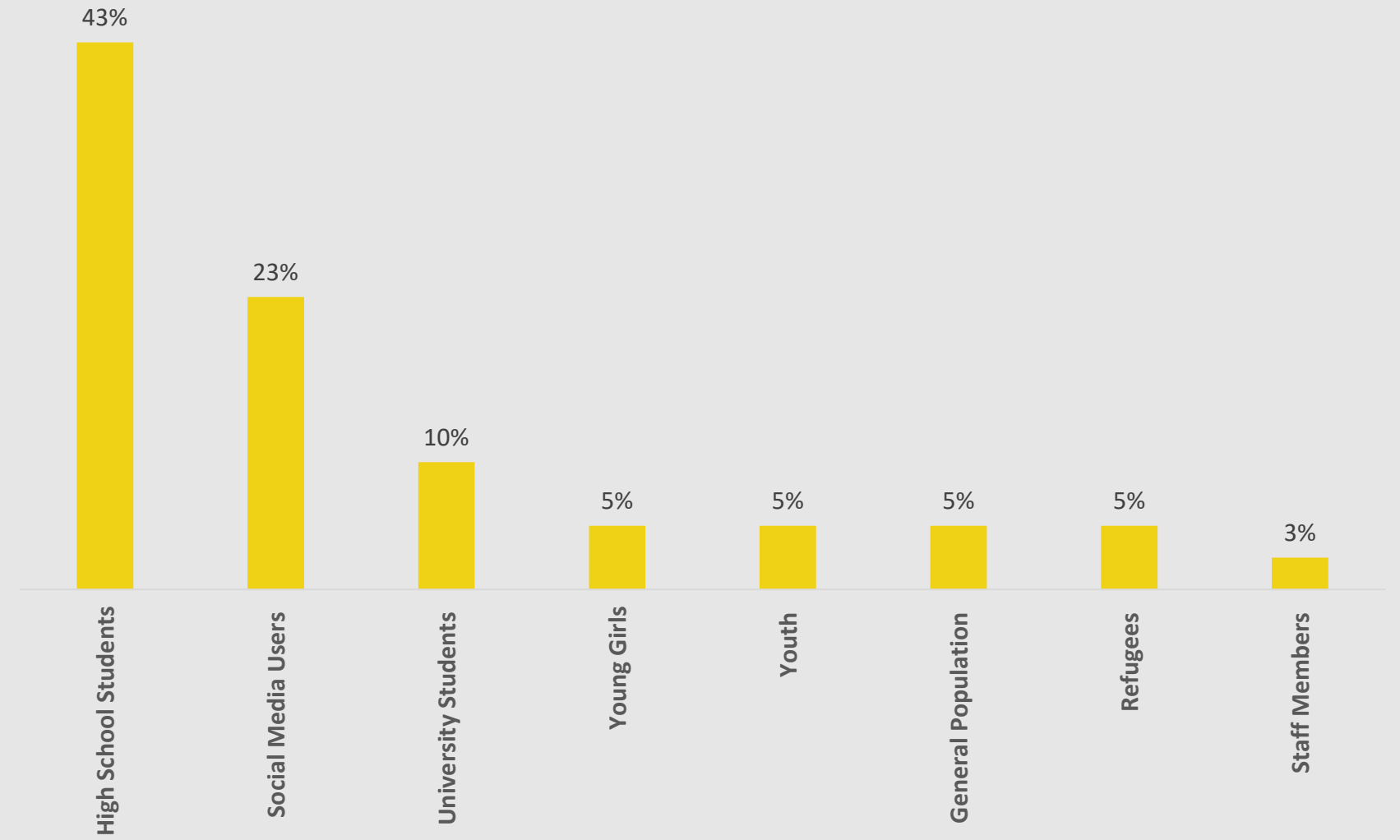
MODALITY



TYPE OF INSTITUTIONS

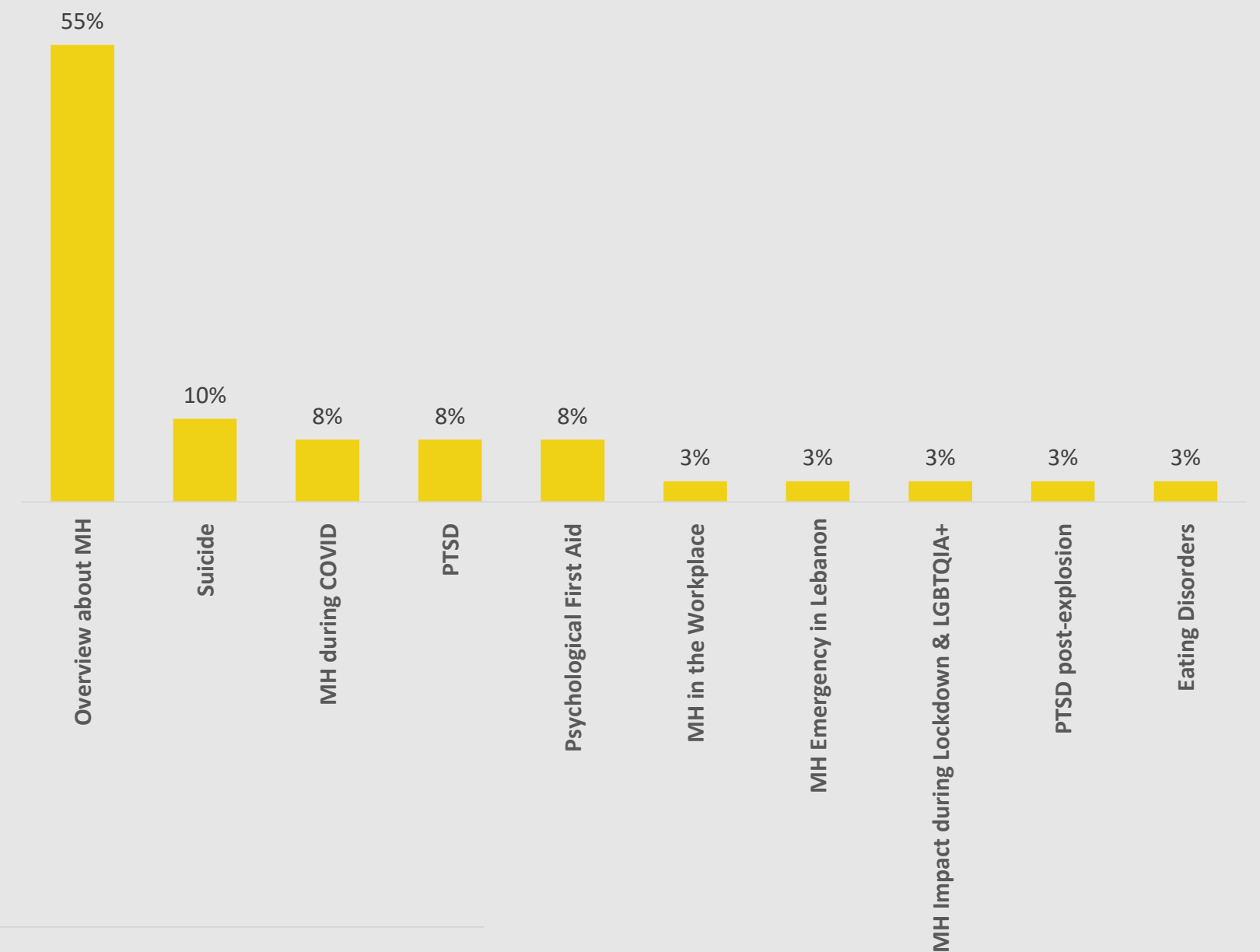


TYPE OF AUDIENCE



SESSION CONTENT

The majority of awareness sessions focused on mental health awareness in general. Other sessions were more specific according to the needs of beneficiaries. The below chart presents the distribution of sessions in terms of content.



4 POST-EVALUATION SURVEYS RESULTS

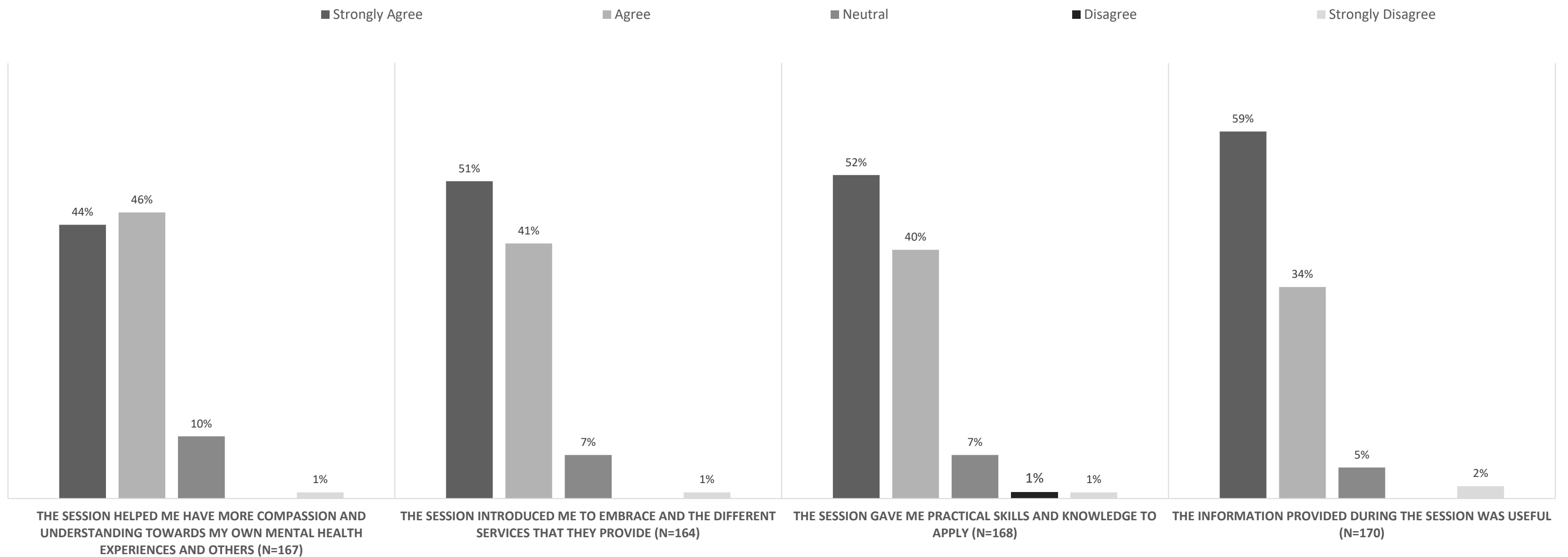
Note that a total of 178 post-evaluation surveys were administered from January to June. The data were collected from a total of 11 sessions, as the majority of the sessions were held online due to COVID, resulting in a low response rate. For sessions on Social Media, no data were collected.

RATINGS OF OVERALL EXPERIENCE

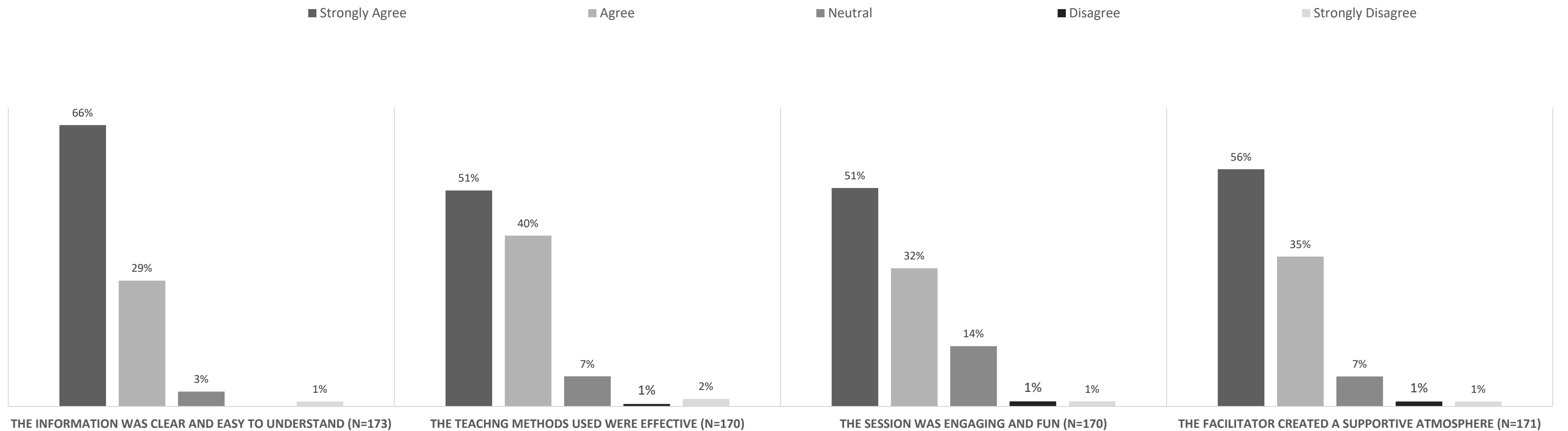
A total of **178 participants** were asked whether they would recommend the session to a friend or colleague.

The vast majority of those who completed the survey (92%) agreed that they **would recommend the session to others.**

RATINGS OF SESSION OBJECTIVES



RATINGS OF SESSION PRESENTATION



RATINGS OF SESSION LOGISTICS

In terms of session logistics, ratings were mixed.

**OUT OF 165
RESPONSES**

88% agreed that the sessions' duration and space were appropriate

10% took a neutral stand

1% disagreed

In fact, open ended questions showed that some attendees wished sessions were longer in duration.

FEEDBACK



Everything was just perfect! To be honest – I was down, anxious and stressed out, but after the session, **I genuinely felt relieved.**

Anonymous Female



It was really interesting, we got to know more about embrace and its purpose. When in trouble and need help, wont resist to call for help. **They nailed my trust.**

Anonymous Female



It was **a useful and enjoyable** session and the teaching method was effective. It was close to reality.

Anonymous Female



This session **made me feel optimistic.** It gave me the feeling that the world is still a safe place to be.

Anonymous Female



It was a very sweet and useful session and gave me **optimism and hope for life.**

Anonymous Female