

Mental Health Wellness Evaluation

Dear [Participant's Name],

Thank you for attending our recent workshop on mental health wellness. We greatly value your participation and feedback. To help us evaluate the effectiveness of the workshop and to ensure we continue to provide valuable resources, please take a moment to complete the following wellness evaluation:

Wellness Evaluation Questions

How satisfied were you with the workshop content?

Very Satisfied Satisfied Neutral Dissatisfied Very Dissatisfied

What did you learn that will be beneficial for your mental wellness?

Would you recommend this workshop to others?

Yes

No

Additional Comments:

Thank you for your time and valuable insights!

Sincerely,

[Your Name]

[Your Title/Organization]