

## Cal-Well Module

## SUPPLEMENT 1

Please mark one answer for each statement unless it says to mark all that apply.  
You do not have to answer any questions you don't want to answer.

78. Do you have an adult at school you can talk to about your problems?
- A) No, never
  - B) Yes, some of the time
  - C) Yes, most of the time
  - D) Yes, all of the time
79. Do you know where to go for help at school when you feel sad, scared, or stressed?
- A) No, never
  - B) Yes, some of the time
  - C) Yes, most of the time
  - D) Yes, all of the time

The next questions ask about times when you or someone you know feels sad, scared, or stressed.

80. If I felt sad, scared, or stressed, I would ... (Mark All That Apply)
- A) Talk to a teacher or another adult
  - B) Talk to my parents or someone in my family
  - C) Get help from a counselor, doctor, or therapist
  - D) Talk to my friends
  - E) Be afraid to get help
  - F) Not know what to do
81. If someone my age felt sad, scared, or stressed, talking to an adult could help them feel better.
- A) Not at all true
  - B) A little true
  - C) Pretty much true
  - D) Very much true
82. If someone my age felt sad, scared, or stressed, kids at my school would be nice to them.
- A) Not at all true
  - B) A little true
  - C) Pretty much true
  - D) Very much true

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83. **In the past year, did you want to talk to a counselor, doctor, or therapist about feeling sad, scared, or stressed?**
- A) No
  - B) Yes
  - C) I don't know
84. **Were you able to get help from a counselor, doctor, or therapist about your feelings when you needed it?**
- A) No, I didn't get help
  - B) Yes, I got help
  - C) Does not apply, I didn't need help
85. **How often did you get help from a counselor, doctor, or therapist about your feelings when you needed it?**
- A) Always
  - B) Sometimes
  - C) Never
  - D) Does not apply, I didn't need help
86. **Where did you get help from a counselor, doctor, or therapist about your feelings?**
- A) At school
  - B) At a counselor, doctor, or therapist's office not at school
  - C) Somewhere else
  - D) I didn't get help when I needed it
  - E) Does not apply, I didn't need help
87. **Did someone at school refer or connect you to a counselor, doctor, or therapist outside of school?**
- A) No
  - B) Yes
  - C) I don't know
  - D) Does not apply, I didn't need help

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