

Mental Health Supports 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.**

The next questions ask about when you or someone you know was having a hard time and feeling very sad, stressed, lonely, or depressed.

1. **In the past month, how often did you feel very stressed?**
 - A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time

2. **In the past month, how often did you feel very lonely?**
 - A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time

3. **Do you know who to get help from at school when you feel very sad, stressed, lonely, or depressed?**
 - A) No
 - B) Yes

4. **If someone your age felt very sad, stressed, lonely, or depressed, could talking to an adult help them feel better?**
 - A) No
 - B) Yes
 - C) I don't know

5. **If someone your age felt very sad, stressed, lonely, or depressed, would kids at your school be nice to them?**
 - A) No
 - B) Yes
 - C) I don't know

6. **If you felt very sad, stressed, lonely, or depressed, could talking to an adult help you feel better?**
 - A) No
 - B) Yes
 - C) I don't know

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7. **If you felt very sad, stressed, lonely, or depressed, would kids at your school be nice to you?**
- A) No
 - B) Yes
 - C) I don't know
8. **If you felt very sad, stressed, lonely, or depressed, would you... (Mark All That Apply.)**
- A) talk to a teacher or another adult from your school?
 - B) talk to your parents or someone in your family?
 - C) get help from a counselor or therapist?
 - D) talk to your friends?
 - E) be afraid to get help?
 - F) not know what to do?
9. **In the past year, did you want to talk to a counselor or therapist about your feelings?**
- A) No
 - B) Yes
 - C) I don't know
10. **In the past year, did you get help from a counselor or therapist when you needed it?**
- A) No, because I didn't need help
 - B) No, I didn't get help when I needed it
 - C) Yes, I got help when I needed it
11. **In the past year, where did you get help from a counselor or therapist? (Mark All That Apply.)**
- A) Nowhere
 - B) At school (in person, by phone, or online)
 - C) From a counselor or therapist not from my school (in person, by phone, or online)
 - D) Somewhere else
 - E) I don't know
12. **In the past year, did an adult at school refer or connect you to a counselor or therapist outside of school to talk about your feelings?**
- A) No
 - B) Yes
 - C) I don't know

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