

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.

How true do you feel these statements are?

	Not At All True	A Little True	Pretty Much True	Very Much True
X1. This school encourages students to feel responsible for how they act.	A	B	C	D
X2. This school encourages students to understand how others think and feel.	A	B	C	D
X3. This school helps students resolve conflicts with one another.	A	B	C	D
X4. I have an adult at school I can talk to about my problems.	A	B	C	D
X5. I know who to go to at school for help when I am sad, stressed, or depressed.	A	B	C	D

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

- X6. If I was having a hard time and feeling sad, stressed, or depressed, I would... (Mark All That Apply)
- A) Talk to a teacher or another adult at school
 - B) Talk to my parents or someone else in my family
 - C) Get help from a counselor, doctor, or therapist
 - D) Talk to my friends
 - E) Not know what to do

If someone my age felt sad, stressed, or depressed...

	Not At All True	A Little True	Pretty Much True	Very Much True
X7. talking to an adult could help them feel better.	A	B	C	D
X8. kids at my school would be nice to them.	A	B	C	D

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If I were sad, stressed, or depressed...

	Not At All True	A Little True	Pretty Much True	Very Much True
X9. I would be afraid to ask for help.	A	B	C	D
X10. I would feel bad about myself if I made the choice to get help.	A	B	C	D

The next questions ask about talking to an “adult professional,” like a doctor, counselor, or therapist.

- X11. In the past year, did you want to talk to an adult professional about feeling sad, stressed, or depressed?
- A) No
 - B) Yes
 - C) I don't know
- X12. In the past year, did you get help from an adult professional to talk 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
- X13. In the past year, how often did you get help from an adult professional when you needed it?
- A) Always
 - B) Sometimes
 - C) Never
 - D) Does not apply, I didn't need help
- X14. In the past year, 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

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X15. In the past year, 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

X16. If you were sad, stressed, or depressed, would any of these things stop you from talking to an adult professional? (Mark All That Apply)

- A) I don't know where to go for help
- B) There isn't anyone I can talk to
- C) They wouldn't understand
- D) People would think there's something wrong with me
- E) My parents might find out
- F) Other students might find out
- G) I don't have a way to pay for it
- H) Other
- I) Nothing would stop me from talking to an adult professional

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