

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.

How strongly do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree
X1. I have an adult at my school that I can talk to about my problems.	A	B	C	D
X2. I know where to go or who to contact at school for help when I am very sad, stressed, lonely, or depressed.	A	B	C	D
X3. Mental health is an important issue for people my age.	A	B	C	D
X4. People at my school talk openly about mental health.	A	B	C	D
X5. My school encourages students to take care of their mental health.	A	B	C	D

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

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

	Strongly disagree	Disagree	Agree	Strongly agree
X6. talking to an adult could help them feel better.	A	B	C	D
X7. kids at my school would be nice to them.	A	B	C	D

If I was very sad, stressed, lonely, or depressed...

	Strongly disagree	Disagree	Agree	Strongly agree
X8. talking to an adult could help me feel better.	A	B	C	D
X9. kids at my school would be nice to me.	A	B	C	D

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X10. 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

X11. If you were feeling 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 else 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?

The next questions ask about talking to a counselor or therapist, which can mean a social worker, psychologist, or other mental health professional.

X12. In the past year, did you want to talk to a counselor or therapist about feeling very sad, stressed, lonely, or depressed?

- A) No
- B) Yes
- C) I don't know

X13. In the past year, did you get help from a counselor or therapist when you needed it?

- A) Does not apply, 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

X14. 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

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- X15. 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
- X16. If you were very sad, stressed, lonely, or depressed, would any of these things stop you from talking to a counselor or therapist? (Mark All That Apply.)**
- A) You don't know where to go for help
 - B) There isn't anyone you can talk to
 - C) They wouldn't understand
 - D) People would think there's something wrong with you
 - E) Your parents might find out
 - F) Other students might find out
 - G) You don't have a way to pay for it
 - H) You don't want to talk to a counselor or therapist
 - I) Other reasons
 - J) Does not apply, none of these things would stop me from talking to a counselor or therapist.

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