

## Student Wellness Module

2025-2026

This survey asks about your perceptions of **students' social and emotional wellness and mental/behavioral health needs**, as well as availability of supports and services to address these needs.

*How common are the following issues among students at your school?*

	Not at All	A Little	Moderate	Very Common
1. Social, emotional, and mental health needs	A	B	C	D
2. Exposure to trauma/violent events in the home or community	A	B	C	D
3. Stigmatization of students with mental health needs	A	B	C	D

*How much do you agree with the following statements?*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
4. My school emphasizes helping students with their mental health needs.	A	B	C	D	E
5. My school collaborates well with community organizations to help address students' mental health needs.	A	B	C	D	E
6. My school provides adequate counseling and support services for students with mental health needs.	A	B	C	D	E
7. My school communicates to students that help is available for their mental health needs.	A	B	C	D	E
8. I receive support from my school to address students' mental health needs, for example, trainings, access to mental health professionals, and administrative support.	A	B	C	D	E
9. What barriers, if any, do students at your school face in accessing services and supports to address mental health needs? <i>(Mark all that apply.)</i>					
A) They do not know where to go for help.					
B) They are afraid of what people might think if they seek help.					
C) There are not enough services to meet students' needs.					
D) They do not have insurance or another way to pay for it.					
E) Their parents do not follow through.					
F) Other					

10. Does your school have a written policy about how to support students with mental health needs, including suicide prevention and postvention, for example, support after a suicide has occurred?
- A) Yes, I have put this policy into practice.
  - B) Yes, but I have never put this policy into practice.
  - C) No, our school doesn't have a written policy.
  - D) Don't know

*For each statement below, please indicate how confident you are that you can successfully do these things.*

	Not at All Confident	A Little Confident	Somewhat Confident	Very Confident
11. Develop caring relationships with students.	A	B	C	D
12. Create a classroom climate that fosters a sense of safety and belonging for all students.	A	B	C	D
13. Recognize a student who may be in emotional distress or at risk due to stressful or traumatic life events.	A	B	C	D
14. Refer a student in need to mental health supports or services.	A	B	C	D
15. Integrate self-care approaches and strategies into your life that will foster your own mental well-being.	A	B	C	D
16. Respond to a student who discloses sensitive information to you in relation to mental health and well-being (e.g., suicidal intent).	A	B	C	D

*How often have you experienced the following in the last month?*

	Never	Rarely	Sometimes	Often	Very Often
17. My work makes me feel satisfied.	A	B	C	D	E
18. I find it difficult to separate my personal life from my work life.	A	B	C	D	E
19. I think that I might have been affected by the traumatic or stressful life experiences of the youth I work with.	A	B	C	D	E
20. I feel worn out because of my work.	A	B	C	D	E
21. I feel good about how I am able to support students with their overall well-being.	A	B	C	D	E

*How often have you experienced the following in the last month?*

	Never	Rarely	Sometimes	Often	Very Often
22. I feel overwhelmed because my workload seems endless.	A	B	C	D	E
23. I believe I can make a difference through my work.	A	B	C	D	E
24. I feel that I am successful in supporting my students who have experienced trauma or stressful life events.	A	B	C	D	E

*During the last month, how often did you do any of the following when talking with students about their mental health needs?*

	Never	Once	2–9 Times	10 Times or More
25. Spent time listening to their issues	A	B	C	D
26. Helped to calm them down	A	B	C	D
27. Talked to them about their issues	A	B	C	D
28. Gave them information to help them with their issues	A	B	C	D

*During the last month, how often did you refer students to the following supports/services for mental health concerns?*

	Never	Once	2–9 Times	10 Times or More
29. School-based mental health professional, for example, school counselor, therapist, or social worker	A	B	C	D
30. Community-based mental health services	A	B	C	D
31. Crisis hotline	A	B	C	D
32. Self-help strategies, for example, books, websites, yoga, meditation, etc.	A	B	C	D

33. If you did not make any referrals, what best describes the reason(s) why you did not refer youth to mental health or related services? (*Mark all that apply.*)
- A) Does not apply; I made referrals.
  - B) I have no direct contact with youth.
  - C) I have contact with youth, but none needed mental health-related referrals.
  - D) No time to offer support
  - E) Not yet confident in my ability to make a referral
  - F) Don't know of places to refer youth
  - G) Other

**Thank you for taking this survey!**

**ACKNOWLEDGEMENTS:** This survey was developed by the School Health Services Research & Evaluation Team from the University of California, San Francisco and the California Department of Education, with support from Project Cal-Well partners and WestEd, for the SAMHSA-funded Project Cal-Well Mental Health Program: <http://healthpolicy.ucsf.edu/school-health-services-evaluation>.

**NOTES:**

1. Questions 11-16 are adapted from: De George-Walker L. An Investigation of Teachers' Efficacy for Promoting and Supporting the Social and Emotional Health and Wellbeing of Students (Appendix E: 32-Item Teacher Self-Efficacy for Supporting Student Wellbeing Scale). Dissertation submitted to the School of Psychology Health, Griffith University. December 2010.  
<https://pdfs.semanticscholar.org/b511/e92580e0c9eb805bf8c8aea0cd8a8e3feb22.pdf>
2. Questions 17-24 are from: B. Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL).  
[www.proqol.org](http://www.proqol.org).