

## 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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