

Welcome! Next week you will be starting the teen Mental Health First Aid training. This training teaches students how to help their friends with mental health or substance use problems or crises. Please complete this brief questionnaire to tell us more about yourself and what you know about mental health. Thank you for your help!

This page asks some questions about your knowledge and experience of mental health problems. Please read each question carefully and fill out any boxes when they apply.

DEFINITIONS:

A mental health problem is when there is a major change in a person's normal way of thinking, feeling or behaving, which interferes with the person's ability to get on with life, and does not go away quickly or lasts longer than normal emotions or reactions would be expected to.

A mental health problem might involve a diagnosed mental illness, a worsening of mental health, an undiagnosed problem, or a drug or alcohol problem.

A mental health crisis is when a person is at increased risk of harm to themselves or to others. Crisis situations include having thoughts of suicide, engaging in self-injury, having thoughts about harming others, experiencing a traumatic event such as bullying, abuse, or assault, or being very intoxicated with alcohol or other drugs

Please do not report any adults you have had contact with.

For this question, we are just interested in people around your age who you may have helped.

1. In the last 12 months have you had contact with anyone around your age who you thought might have a mental health problem or be having a mental health crisis?

- a. Yes
- b. No
- c. Not sure
- d. I don't want to answer this question.

This section contains questions about the help you provided to the person/people about your age.

2. Please tell us how many people about your age you had contact with who you thought might have a mental health problem or experienced a mental health crisis:

- a. 0
- b. 1
- c. 2
- d. 3
- e. More than 3 (please write how many)

If you have had contact with more than one person about your age who you thought might have a mental health problem or experienced a mental health crisis, please answer the following questions about the person who you know best. If you only had contact with one person, please answer the following questions about that person.

3. What was the mental health problem or mental health crisis?

- a. having thoughts of suicide
- b. engaging in self-injury
- c. threatening violence or harm to someone else
- d. experiencing a traumatic event such as bullying, abuse, loss of loved one, or assault.
- e. being very intoxicated on alcohol or other drugs

4. Did you offer the person any help?

- a. Yes
- b. No
- c. Not sure

5. What did you do to help the person?

Please note: You can select more than one option.

- a. Told them what they needed to do to fix their problems.
- b. Invited them to hang out and do something fun with me.
- c. Ignored them because they were just looking for attention.
- d. Let them know I didn't want to be friends with them anymore if they were going to be like this all the time.
- e. Avoided talking about suicide, because it might have put the idea in their head.
- f. Told them I had noticed something seems wrong, and I wanted to make sure they were okay.
- g. Suggested they tell a health professional about their problems (e.g. a counselor, family doctor/pediatrician, or psychologist).
- h. Suggested they tell a different, trusted adult about their problems (e.g. a parent or teacher).
- i. Told a health professional that I was worried about my friend.
- j. Told a trusted adult I was worried about my friend.
- k. Asked them if they were thinking of suicide.
- l. Encouraged them to take responsibility and deal with their problems on their own.
- m. Listened to them talk about their problems.
- n. I didn't do anything.
- A. Other. Please specify: _____

6. What was the reason(s) that you were not able to help the person?

- a. They did not want my help
- b. I am just a kid
- c. I did not have good ways to help
- d. I was scared to help
- e. It wasn't any of my business
- f. I was concerned I'd do the wrong thing

Thank you for your contribution!

If you are feeling distressed and would like some support, please try talking to a trusted adult at your school or your parents or guardian.

You could also try one of the following free services: **National Suicide Prevention Call 1-800-273-8255/988** or **Crisis Text Line: Text MHFA to 741741** for free 24/7 support.

Congratulations! You have just completed the teen Mental Health First Aid Course about how teens can help their friends with a mental health or substance use problem or crisis. Please complete this brief questionnaire to tell us what you learned in the course and how you might use the action steps you learned to help a friend. Thank you for your help!

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