

# tMHFA Pre-Course Evaluation

Please fill out this evaluation before you take the teen Mental Health First Aid (tMHFA) Course.



This course will teach you how you can help your friends with a mental health or substance use challenge or crisis. And this evaluation tells us more about you and what you know about mental health. You'll take this evaluation again after the course. Thank you!

**1** Would you like to move forward with this evaluation?

Yes     No

**2** What is the name of the school or program where you are taking this course?

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**3** Create an ID code that's unique to you

We don't want your name on this evaluation, so you'll create an ID. We do this to match this evaluation with the evaluation after the course to find out what you learned. (You don't need to memorize your ID, we'll ask you these same questions then, too.)

**To create your ID, follow these steps (no dashes or spaces, please!):**

1. The first letter of city where you were born, or city where you live now.  
*For example, "B" for "Baltimore"*
2. The last 3 digits of your cell phone number, or another important number.  
*For example, "000" for someone with the number 555-555-5000*
3. The last 2 letters of your first name.  
*For example, "HN" for someone named "John"*
4. The day you were born on (the number).  
*For example, '11' for someone born on November 11*

*Using the examples above, the code would be: B000HN11*

**Write your ID here:** \_\_\_\_\_

## Teen Mental Health First Aid: John's story

Please read John's story carefully and answer some questions about John.

### John's Story:

John is 16 and has been unusually sad for the last few weeks. He is tired all the time and has trouble sleeping at night. He doesn't feel like eating and has lost weight. He can't keep his mind on his homework and his grades have dropped. He puts off making any decisions and even day-to-day tasks feel too much for him.

John's parents and friends are very concerned about him. He says he will never be happy again and believes his family would be better off without him. He says he feels so down, he has been thinking of ways to end his life.



4	What do you think is going on with John?	Yes	No
	a. He's having a rough time		
	b. Something probably happened that made him upset		
	c. He doesn't like school		
	d. He could be depressed		
	e. He's looking for attention		
	f. He could have bipolar disorder		
	g. He could be thinking about suicide		
	h. Nothing is going on with him		

- 5 How much do you agree with this statement: "If John was my friend, I would help him."
- a. Strongly disagree
  - b. Disagree
  - c. Neither agree nor disagree
  - d. Agree
  - e. Strongly agree

6	If John was your friend, how likely would you do these things?	I would never do this	I probably wouldn't do this	Not sure	I probably would do this	I would definitely do this
	a. Tell John how to fix his problems					
	b. Invite John to hang out and do something fun with me					
	c. Ignore John because he just wants attention					
	d. Avoid talking about suicide because it might put the idea in John's head					
	e. Tell John I've noticed something seems wrong and I want to make sure he's okay					
	f. Ask John if he's thinking about suicide					
	g. Suggest John tell an adult about his problems, like a parent or teacher					

h. Encourage John to own his problems and deal with them on his own					
i. Listen to John talk about his problems					
j. Suggest John talk with a doctor					
k. Tell an adult that I'm worried about John					
l. Tell John I don't want to be friends anymore if he's like this all the time					
m. I wouldn't say anything to John - I'd just let him work it out on his own					

**7** If John was your friend, how confident would you feel helping him?

- a. Not at all confident
- b. A little bit confident
- c. Not sure
- d. Pretty confident
- e. Extremely confident

<b>8</b>	<b>In this list of people, who do you think would be helpful, harmful, or neither for John's problem?</b>	<b>Helpful</b>	<b>Neither helpful nor harmful</b>	<b>Harmful</b>
	a. Pediatrician or family doctor			
	b. Therapist (a psychologist, psychiatrist, or social worker)			
	c. Close friend			
	d. Family member or guardian			
	e. Teacher			
	f. School-based professional (school counselor, school psychologist, school nurse, or school social worker)			
	g. Spiritual leader (a minister, priest, rabbi, imam, elder, or another spiritual/faith leader)			

h. Romantic partner			
i. National Suicide Prevention Lifeline			
j. Crisis Text Line			

**9** Of the people listed above, who do you think would be most helpful to John? (Please pick 1)

- a. Pediatrician or family doctor
- b. Therapist (a psychologist, psychiatrist, or social worker)
- c. Close friend
- d. Family member or guardian
- e. Teacher
- f. School-based professional (school counselor, school psychologist, school nurse, or school social worker)
- g. Spiritual leader (a minister, priest, rabbi, imam, elder, or another spiritual/faith leader)
- h. Romantic Partner
- i. National Suicide Prevention Lifeline
- j. Crisis Text Line
- k. None of the above

<b>10</b>	<b>If you had a friend with a problem like John's, would you encourage them to do these things?</b>	<b>Yes</b>	<b>No</b>
	a. Tell them to try to deal with it on their own		
	b. Talk to a friend about it		
	c. Talk to a health professional about it		
	d. Talk to an adult about it, like a parent or teacher		
	e. Eat healthier foods		
	f. Try to forget about it by smoking or using other drugs		
	g. Try to get more sleep		
	h. Spend more time with friends		
	i. Try to get more exercise		
	j. Look up their problem on the internet		
	k. Tell them to do nothing		
	l. Text "MHFA" to 741741 for free 24/7 support		

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How much do you agree or disagree with these statements?	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. People with a problem like John's could "snap out of it" if they wanted					
b. A problem like John's is a sign of personal weakness					
c. People with a problem like this cannot get better					
d. This problem is not a real medical issue					
e. It's best to avoid people with a problem like John's so that I don't have the same problem					
f. People with a problem like this can be unpredictable					
g. If I had a problem like this, I wouldn't tell anyone					

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If John was your friend, how likely would you do these things with him?	I would never do this	I probably wouldn't do this	Not sure	I probably would do this	I would definitely do this
a. Go out with John on the weekend					
b. Work on a school project with John					
c. Invite John to your house					
d. Be close friends with John					

Continue



## Teen Mental Health First Aid: Jeanie’s story

Please read Jeanie’s story carefully and answer some questions about Jeanie.

### Jeanie’s Story:

Jeanie is 16 and started going to your school last year. You are her only friend so far. Whenever you ask her about her old school, she changes the subject or gets upset.

She seems very shy and when you ask her why she doesn’t make more of an effort, she says she’d really like to make more friends, but she’s scared she’ll do or say something embarrassing around others.

Jeanie’s schoolwork is okay, but she rarely speaks in class. If she has to answer a question or speak in front of the class, she becomes incredibly nervous, trembles, blushes and seems like she might puke.

At Jeanie’s house, you’ve seen that she’s really talkative with her family, but she becomes quiet when someone she doesn’t know well comes over.

Lately, she has stopped answering her phone and going to parties. She doesn’t like it when you try to talk her into going with you either. Jeanie knows her fears are unreasonable, but she can’t seem to control them, and this really upsets her.



13	What do you think is going on with Jeanie?	Yes	No
	a. She’s having a rough time		
	b. Something probably happened that makes her afraid to talk a lot		
	c. She doesn’t like school		
	d. She could be struggling with using alcohol or drugs		
	e. Something bad or traumatic happened to her or someone she cares about		
	f. She could be depressed		
	g. She does not like attention		
	h. She could have anxiety		
	i. Nothing is going on with Jeanie		

14 How much do you agree with this statement: “If Jeanie was my friend, I would help her.”

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

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If Jeanie was your friend, how likely would you do these things?	I would never do this	I probably wouldn't do this	Not sure	I probably would do this	I would definitely do this
a. Tell Jeanie how to fix her problems					
b. Invite Jeanie to hang out and do something fun with me					
c. Ignore Jeanie because she just wants attention					
d. Avoid talking about suicide because it might put the idea in Jeanie's head					
e. Tell Jeanie I've noticed something seems wrong and I want to make sure she's okay					
f. Ask Jeanie if she's thinking about suicide					
g. Suggest Jeanie tell an adult about her problems, like a parent or teacher					
h. Encourage Jeanie to own her problems and deal with them on her own					
i. Listen to Jeanie talk about her problems					
j. Suggest Jeanie talk with a doctor					
k. Tell an adult that I'm worried about Jeanie					
l. Tell Jeanie I don't want to be friends anymore if she's like this all the time					
m. I wouldn't say anything to Jeanie - I'd just let her work it out on her own					

**16** If Jeanie was your friend, how confident would you feel helping her?

- a. Not at all confident
- b. A little bit confident
- c. Not sure
- d. Pretty confident
- e. Extremely confident

**17** In this list of people, who do you think would be helpful, harmful, or neither for Jeanie’s problem?

	Helpful	Neither helpful nor harmful	Harmful
a. Pediatrician or family doctor			
b. Therapist (a psychologist, psychiatrist, or social worker)			
c. Close friend			
d. Family member or guardian			
e. Teacher			
f. School-based professional (school counselor, school psychologist, school nurse, or school social worker)			
g. Spiritual leader (a minister, priest, rabbi, imam, elder, or another spiritual/faith leader)			
h. Romantic partner			
i. National Suicide Prevention Lifeline			
j. Crisis Text Line			

**18** Of the people listed above, who do you think would be most helpful to Jeanie? (Please pick 1)

- a. Pediatrician or family doctor
- b. Therapist (a psychologist, psychiatrist, or social worker)
- c. Close friend
- d. Family member or guardian
- e. Teacher
- f. School-based professional (school counselor, school psychologist, school nurse, or school social worker)
- g. Spiritual leader (a minister, priest, rabbi, imam, elder, or another spiritual/faith leader)
- h. Romantic Partner
- i. National Suicide Prevention Lifeline
- j. Crisis Text Line
- k. None of the above



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If you had a friend with a problem like Jeanie's, would you encourage them to do these things?	Yes	No
a. Tell them to try to deal with it on their own		
b. Talk to a friend about it		
c. Talk to a health professional about it		
d. Talk to an adult about it, like a parent or teacher		
e. Eat healthier foods		
f. Try to forget about it by smoking or using other drugs		
g. Try to get more sleep		
h. Spend more time with friends		
i. Try to get more exercise		
j. Look up their problem on the internet		
k. Tell them to do nothing		
l. Text "MHFA" to 741741 for free 24/7 support		

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How much do you agree or disagree with these statements?	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. People with a problem like Jeanie's could "snap out of it" if they wanted					
b. A problem like Jeanie's is a sign of personal weakness					
c. People with a problem like this cannot get better					
d. This problem is not a real medical issue					
e. It's best to avoid people with a problem like Jeanie's so that I don't have the same problem					

f. People with a problem like this can be unpredictable					
g. If I had a problem like this, I wouldn't tell anyone					

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If Jeanie was your friend, how likely would you do these things with her?	I would never do this	I probably wouldn't do this	Not sure	I probably would do this	I would definitely do this
a. Go out with Jeanie on the weekend					
b. Work on a school project with Jeanie					
c. Invite Jeanie to your house					
d. Be close friends with Jeanie					



You've reached the end of this evaluation. Thank you for your help!

**If you are feeling distressed and would like some help:**



Please talk to a trusted adult at your school, or to your parents or guardian



Or you could also use these free services:

**988 Suicide & Crisis Lifeline**

- Call or text 988
- Chat 988lifeline.org
- TTY users, use your preferred relay service or dial 711 then 988.
- For help in Spanish, call 888-628-9454