



Youth Post-Survey

(To be formatted in online survey platform)



Hey there! It has now been several months since you began your participation in the Youth Mental Health and Addiction Champions Initiative. We would like to first thank you for the amazing work you've put into this Initiative. In order to learn more about your experience and improve the program, we've pieced together a few questions for you to answer. By completing this survey you'll help us help you!

The answers you give will be kept confidential. You don't have to answer any questions that make you feel uncomfortable.

.....

Mental health and mental illness can be understood along a continuum. This continuum lies at one end from experiencing mental health and well-being, all the way through to the other end of the continuum of being diagnosed with a mental illness.

For this survey, **Mental Health** and well-being refers to a state in which every youth realizes their own potential, can cope with the normal stresses of life, can work productively, and is able to contribute to their community. Having mental health allows you to do things like:

- Have healthy relationships.
- Set goals and work toward them.
- Deal with life stressors.

For this survey, **Mental Illness** refers to a health problem that affects a youth's thinking, mood, behaviour and interaction with other people. It is diagnosed using medical definitions.

Examples of mental illnesses include:

- Major depression
- Schizophrenia
- Anxiety disorders





1. Please check the box that best fits your opinion:



	STRONGLY DISAGREE	DISAGREE	SOMEWHAT AGREE	AGREE	STRONGLY AGREE	NOT SURE
A. Mental illnesses don't affect kids and teens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Everyone has mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. When someone is experiencing a mental health issue, talking about it just makes it worse.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. People with mental illnesses could snap out of it if they wanted to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. Having a diagnosed mental illness makes a person unable to cope with life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F. Asking someone if they are depressed or suicidal is dangerous or harmful: it's better not to ask.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G. Strong support from family, friends, health professionals, and others are important for promoting mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. Most youth who are experiencing mental illnesses are getting the help they need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I. Mental illnesses are not reported and not treated as well as they should be among youth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





2. To what extent do you believe your mental health can affect your physical, social and emotional health?

- A great deal Somewhat Very little Not sure

3. How much do your friends and classmates do things to promote their mental health (i.e., getting enough sleep, being physically active, listening to music)?

- A great deal Somewhat Very little Not sure

4. How much do your friends and classmates do things to promote their mental health (i.e., getting enough sleep, being physically active, listening to music)?

- Exercise and diet.
- Talking to your friends and family.
- Feeling connected or being part of something.
- Having positive relationships.
- Getting enough sleep.
- Accepting life challenges.
- Managing stress.
- Having optimism and being able to see the positive side of things.
- Finding time to do the things you enjoy such as meditation, reading, playing sports.

5. Are there supports or programs in your school or community which help to promote mental health?

- Yes No Not sure





6. Thinking specifically about your friends and classmates, how much of an issue are mental illnesses?

- They are very much an issue.
- They are somewhat of an issue.
- They are not too much of an issue.
- Not sure.



7. If you thought a friend or person around you was experiencing a mental illness, would you know what to do to help?

- Yes
- No
- Not sure

8. If a friend or someone you know was experiencing a mental illness, would you know who to contact in the school or your community for help?

- Yes
- No
- Not sure

9. What would you do to help them? (You can check more than one.)

- Talk to them about it, express concern, or ask how you can help.
- Talk to them about it, or suggest they talk to a professional.
- Talk to someone else about it (a trusted adult, i.e., teacher, counselor, their parents).
- Talk to them about it AND talk to someone else as well.
- Do some research online on how to help, and follow that advice.
- Nothing, I wouldn't know how to approach the problem.
- Computer/telephone support line (i.e., kids help phone).
- Other, please specify _____.





10. To what extent do you believe that misusing substances like tobacco, alcohol, or drugs can have an effect on your overall mental health?

- A great deal
- Somewhat
- Very little
- Not sure



11. Thinking specifically about your friends and classmates, how common is it that people misuse tobacco, alcohol, or drugs?

- Very common
- Somewhat common
- Not very common
- Not sure

12. Which of the following are reasons why youth use substances such as tobacco, alcohol or drugs? (You can check more than one.)

- To fit in.
- To cope with stress.
- To party/have fun.
- Pressure from other youth.
- Other, please specify _____.

13. If you thought a friend or person around you was misusing tobacco, alcohol, or drugs, would you know what to do to help?

- Yes Maybe No





14. If a friend or someone you know was misusing tobacco, alcohol, or drugs, would you know who to contact in your school or community for help?

- Yes Maybe No

15. What would you do to help them? (You can check more than one.)

- Talk to them about it, express concern, or ask how you can help.
- Talk to them about it, or suggest they talk to a professional.
- Talk to someone else about it (trusted adult, i.e., teacher, counselor, their parents).
- Talk to them about it AND talk to someone else as well.
- Do some research online on how to help, and follow that advice.
- Computer/telephone support (i.e., kids help phone).
- Other

16. If you wanted to find out more about mental health, which of the following people/places would you turn to? (You can check more than one.)

- Our local health unit
- Community centre or agency
- Teacher
- Parents
- Relatives
- Friends
- Guidance counsellor
- Online
- Health care provider (nurse, doctor)
- Spiritual leader/elder
- Not sure
- Other, please specify _____.





17. If you wanted to find out more about substance misuse, or find someone to talk to about tobacco, alcohol or drug misuse, which of the following people/places would you turn to? (You can check more than one.)



- Our local health unit
- Community centre or agency
- Teacher
- Parents
- Relatives
- Friends
- Guidance counsellor
- Online
- Health care provider (doctor, nurse)
- Spiritual leader/elder
- Not sure
- Other, please specify _____.

18. How confident are you to work with other youth to promote mental health in your community?

- Very confident
- Somewhat confident
- Not very confident
- Not sure

19. How confident are you to work with other youth to prevent tobacco, alcohol, or drug misuse in your community?

- Very confident
- Somewhat confident
- Not very confident
- Not sure





20. Please tell us how satisfied you have been in your role.



	STRONGLY DISAGREE	DISAGREE	SOMEWHAT AGREE	AGREE	STRONGLY AGREE	NOT SURE
I am satisfied with my contribution to the Initiative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I worked with respected my ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt comfortable sharing my concerns with people I worked with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think our efforts made an impact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I was part of a supportive group of people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am as enthusiastic about my role now as I was when I first joined.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The training, resources and information provided prepared me for my role.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have developed new skills as a result of the Initiative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





21. Write down three things you really like or that you find rewarding.



22. Write down three things that you dislike or wish you could change.

23. Do you intend to continue in your role?

- Yes Not sure No

24. Have you ever participated in any training on mental health or substance misuse prevention before this Initiative?

- Yes Not sure No

25. How old are you?

- under 15 15 16 17 + 18





26. Do you identify as being:

- Male
- Female
- Other, please specify:



THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!

