**EMOTIONAL LITERACY**

Below are some statements about mental health. Please circle the answer that best describes your understanding.

How old are you?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Statements | **Strongly Disagree** | **Disagree** | ****Neither agree or disagree**** | **Agree** | **Strongly Agree** |
| I am knowledgeable about the causes of poor mental health. | 1 | 2 | 3 | 4 | 5 |
| I know strategies to help me to be resilient when faced with difficult situations. | 1 | 2 | 3 | 4 | 5 |
| I recognise the signs of poor mental health. | 1 | 2 | 3 | 4 | 5 |
| I know strategies for dealing with stress. | 1 | 2 | 3 | 4 | 5 |
| I understand how social media impacts on my wellbeing. | 1 | 2 | 3 | 4 | 5 |
| A mental illness is not a real medical illness. | 1 | 2 | 3 | 4 | 5 |
| A mental illness is a sign of personal weakness. | 1 | 2 | 3 | 4 | 5 |
| People with a mental illness are dangerous. | 1 | 2 | 3 | 4 | 5 |
| I am willing to make friends with someone with a mental illness. | 1 | 2 | 3 | 4 | 5 |
| If I had a mental illness I would not tell anyone | 1 | 2 | 3 | 4 | 5 |
| If I had a mental illness, I would not seek help from a mental health professional. | 1 | 2 | 3 | 4 | 5 |
| Seeing a mental health professional means you are not strong enough to manage your own difficulties. | 1 | 2 | 3 | 4 | 5 |
| People with a mental illness could snap out of it if they wanted. | 1 | 2 | 3 | 4 | 5 |
| I am confident that I know where to seek information about mental illness. | 1 | 2 | 3 | 4 | 5 |

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| **Comments:** |

**WARWICK-EDINBURGH MENTAL WELLBEING SCALE (WEMWBS)**

Below are some statements about feelings and thoughts. Please circle the answer that best describes your experience of each over the last 2 weeks.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Statements | **None of the time** | **Rarely** | **Some of the time** | **Often** | **All of the time** |
| I’ve been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling useful | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling interested in other people | 1 | 2 | 3 | 4 | 5 |
| I’ve had energy to spare | 1 | 2 | 3 | 4 | 5 |
| I’ve been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| I’ve been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling good about myself | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling confident | 1 | 2 | 3 | 4 | 5 |
| I’ve been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling loved | 1 | 2 | 3 | 4 | 5 |
| I’ve been interested in new things | 1 | 2 | 3 | 4 | 5 |
| I’ve been feeling cheerful | 1 | 2 | 3 | 4 | 5 |

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| **Comments:** |

**STUDENT RESILIENCE SURVEY (SRS)**

Please read every statement carefully and circle the answer that fits you best.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never |  |  |  | Always |
| I do things at home that make a difference (i.e. make things better) | 1 | 2 | 3 | 4 | 5 |
| I help my family make decisions | 1 | 2 | 3 | 4 | 5 |
| At college/school, I decide things like class activities or rules | 1 | 2 | 3 | 4 | 5 |
| I do things at college/school that make a difference (i.e. make things better) | 1 | 2 | 3 | 4 | 5 |
| I can work out my problems | 1 | 2 | 3 | 4 | 5 |
| I can do most things if I try | 1 | 2 | 3 | 4 | 5 |
| There are many things that I do well | 1 | 2 | 3 | 4 | 5 |
| I feel bad when someone gets their feelings hurt | 1 | 2 | 3 | 4 | 5 |
| I try to understand what other people feel | 1 | 2 | 3 | 4 | 5 |
| When I need help, I find someone to talk to | 1 | 2 | 3 | 4 | 5 |
| I know where to go for help when I have a problem | 1 | 2 | 3 | 4 | 5 |
| I try to work out problems by talking about them | 1 | 2 | 3 | 4 | 5 |
| I have goals and plans for the future | 1 | 2 | 3 | 4 | 5 |
| I think I will be successful when I grow up | 1 | 2 | 3 | 4 | 5 |

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| --- |
| **Comments:** |

**Thank you for completing our questionnaire!**