

Sports field or gym (examples - basketball court or baseball field)

Playground or parks Restaurant or bar After school program

Outside places (examples - woods, lake)

On the streets (examples - walking around town or in parking lots)

Church or temple or religious center Gym or recreation center

7. Do you spend a lot of time doing any of the activities listed below?
Circle all of the activities in the two columns below that you do often.

Watch television

Use the internet

Read the newspaper

Text message

Listen to the radio

Talk on the phone

Read magazines

Read books

Use MySpace or Facebook or Twitter

Talk with friends

Talk with adults (examples - parents, teachers, your boss, a pastor)

Other _____

8. Who do you usually go to for help when you have a problem or are upset? Circle all of the people that you go to for help.

No one

Parents

Friends

Teacher

Doctor

Coach

Guidance Counsellor

Psychologist/ Therapist

Religious leader

Boss or person you work with

Case worker or social worker

Other_____

9. What would stop you from talking to someone about a problem.
(embarrassed, stigma, don't know who to talk to,)

10. Who are your heroes or role models? In other words, who do you look up to?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

11. When you have to go to the doctor what makes it difficult to get there or get an appointment? (example: money transport, time)

12. If you had a drug or alcohol problem what stops you from getting help? (example: don't know where to go, transport, stigma) _____

13. Do you know if there is a suicide hotline in your area? If yes do you know the name and number?

14. Do you know if there is a crisis intervention system or team in your area? _____

15. Do people talk about mental health or suicide in your age group? If yes what do they say? If no, do you know why not? _____

16. Do you know if people in your age group feel stigma or shame if they are asking for help with a problem? Can you give an example _____

17. Do you know anyone that has died from suicide? Was there help available for you when it happened? Can you explain?

18. Are there any myths or beliefs or attitudes about suicide among your age group? Please explain _____

19. If a friend came to you and told you they were feeling down or wanted to harm themselves what would you do? Who would you tell? Would you know where to get help? _____

20. If we wanted to send your age group a message about how to ask for help or to get help for your friend what is the best way to do that? _____