

Name _____

Mental Health pre-survey questions:

What is the difference between mental health and mental illness?

Do you ever talk about mental health—either your own or someone else’s—with friends, family, or a trusted adult? Or do you feel like these discussions are taboo?

What are some beliefs you have about people with mental illness? Describe how your school and society addresses mental illness.

Name _____

Mental Health post-survey questions:

Describe what you now know about mental health and mental illness in the United States. What is your opinion of how communities are addressing people's well-being?

What are some ways that you are willing to commit to supporting your and your peers' mental well-being?

Did you change your mind about mental health and mental illness? Explain why or why not.
