Mental Health pre-survey questions:

What is the difference between mental health and mental illness?

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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?

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

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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?

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

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

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