



Canadian Mental  
Health Association

TALK TODAY

## Talk Today Questionnaire

The Canadian Mental Health Association (CMHA) appreciates your participation in the Talk Today program in partnership with your local club and the Ontario Hockey League.

In order to evaluate Talk Today, we're asking for your help in completing the brief questionnaire below. The answers will help provide CMHA with findings about beliefs and attitudes about mental health.

*Your confidentiality will be maintained and the information gathered will be kept securely. The information gathered may be published in scholarly articles in the future but your answers will never be associated with you nor will they reveal your identity. Completing this questionnaire is voluntary. If you do not feel comfortable answering a particular question, leave it blank.*

1. When did you take the safeTALK training?     Last season (2015/16)     This season (2016/17)

2. Please indicate how strongly you personally agree or disagree with each statement using the rating scale. Circle your response.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a) People with a mental health problem could snap out of it if they wanted.	1	2	3	4	5
b) Mental health problems are a sign of personal weakness.	1	2	3	4	5
c) If I had a mental health problem, I would not tell anyone.	1	2	3	4	5
d) Emotional problems, like many things, tend to work out by themselves.	1	2	3	4	5
e) People with strong character can get over emotional problems by themselves and would have little need for professional help.	1	2	3	4	5
f) If I believed I were having a mental health problem, my first thought would be to get professional attention.	1	2	3	4	5
g) I would want to get professional help if I were worried or upset for a long period of time.	1	2	3	4	5
h) If good friends asked my advice about an emotional problem, I might recommend that they see a professional.	1	2	3	4	5
i) I would feel ashamed to tell someone if I had a mental health problem.	1	2	3	4	5
j) I would be embarrassed if a friend saw me going into the office of a professional who deals with emotional problems.	1	2	3	4	5

3. Imagine you were worried that your friend was having thoughts of suicide. You're concerned and want to help. Please indicate how likely you would be to take each of the following actions. Circle your response.

	Would not take this action	Not likely	Somewhat likely	Very likely
a) Speak directly to your friend and explain your concern to him/her.	0	1	2	3
b) <b>Speak with your friend's parents and explain your concern to them.</b>	0	1	2	3
c) Speak with a mutual friend and discuss your concern.	0	1	2	3
d) Gather information on the problem that you believe your friend is having in order to increase your knowledge of how to help.	0	1	2	3
e) Gather information for your friend on possible treatment options.	0	1	2	3
f) Speak with a trusted adult about your concern and involve them in getting help for your friend.	0	1	2	3

4a. Was there a time when you used your safeTALK training this year?  Yes  No

4b. If yes, please briefly tell us about how you used your safeTALK training. Remember that your privacy will be maintained.

5. How would you describe your Mental Health Coach? Circle the response that fits best for you.

1 - Does not seem approachable. I would not feel comfortable speaking with him/her about a concern.	2 - Somewhat approachable. I'm unsure if I would feel comfortable speaking with him/her about a concern.	3 - Very approachable and seems supportive. I would definitely feel comfortable speaking with him/her about a concern.
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6. How many times did you seek support from your Mental Health Coach this season?

0  1  2 or more

7. Do you have any feedback to improve the program (e.g., more check-ins from the Mental Health Coach, additional training, access to more resources)?