

## **We Can All Be There Campaign**

### **Pre/Post Assessment**

While the Be There Certificate does provide its own pre/post assessment, Our Minds Matter does not have access to that data. The questions included in the pre/post assessment are as follows:

#### **Pre-Assessment**

##### **Strongly disagree (1) - Strongly Agree (5)**

- 1.** I'm confident I can... recognize when someone is struggling with their mental health
- 2.** I'm confident I can... initiate a conversation with someone about their MH in a nonjudgmental way
- 3.** I'm confident I can... create a trusting environment to help someone open up about what's bothering them
- 4.** I'm confident I can... find practical ways to support someone struggling with their mental health
- 5.** I'm confident I can... set and maintain healthy boundaries while supporting someone who is struggling with their mental health
- 6.** I'm confident I can... find appropriate MH resources for a friend
- 7.** I'm confident I can... help a friend access appropriate support MH resources
- 8.** I would feel comfortable supporting a friend with their mental health
- 9.** I would feel comfortable asking for help if I were struggling with my mental health

## Post-Assessment

### Strongly disagree (1) - Strongly Agree (5)

1. I'm confident I can... recognize when someone is struggling with their mental health
2. I'm confident I can... initiate a conversation with someone about their MH in a nonjudgmental way
3. I'm confident I can... create a trusting environment to help someone open up about what's bothering them
4. I'm confident I can... find practical ways to support someone struggling with their mental health
5. I'm confident I can... set and maintain healthy boundaries while supporting someone who is struggling with their mental health
6. I'm confident I can... find appropriate MH resources for a friend
7. I'm confident I can... help a friend access appropriate support MH resources
8. I would feel comfortable supporting a friend with their mental health
9. I would feel comfortable asking for help if I were struggling with my mental health
10. The BT certificate improved my ability to recognize if someone is struggling with their mental health
11. After completing the BT certificate, I feel better able to safely support someone who is struggling with their MH
12. After completing the BT certificate, I feel better able to take care of my own mental health
13. How satisfied are you with your experience of the BT certificate?