**Title**: Mental Health Help Seeking and Attitudes Part One

Description: This research is being conducted to examine peoples’ help-seeking preferences for mental health symptoms. It is a two-part study. If you agree to participate in part one, you will be asked to complete a series of surveys about your background, mental health and, you will also be asked to answer questions about who you would be most likely to talk to about your mental health. This survey is for research purposes only. This study will take about 20 minutes to complete. Based on your responses, you may be invited to participate in the surveys for Part Two of this study (40 minutes).

**Title**: Mental Health Help Seeking and Attitudes Part Two

Description: This research is being conducted to examine peoples’ help-seeking preferences for mental health symptoms. If you agree to participate, you will be asked to complete a series of surveys about your mental health and personality. You will also be asked to answer questions about who you would be most likely to talk to about your mental health. This survey is for research purposes only. This study will take about forty minutes to complete.