

My Views on Mental Health and Wellbeing

This confidential questionnaire will help you to reflect on how you view the topic of mental health and wellbeing and mental illness.

	Agree strongly	Agree	Neither agree nor disagree	Disagree	Disagree strongly
I think mental health is as important as physical health.					
I think about my mental health as often as I think about my physical health.					
I am comfortable talking about my feelings.					
I am comfortable showing my emotions.					
If you struggle with mental health or wellbeing issues, you are weak.					
It's OK to not feel OK.					
It's OK to seek support for your mental health.					
I know who I'd speak to if I was struggling with my mental health or mental wellbeing.					

	Agree strongly	Agree	Neither agree nor disagree	Disagree	Disagree strongly
There is enough support for people who need help with their mental health or mental wellbeing.					
I wouldn't want to be friends with someone with a mental health problem.					
I know how to support someone who is struggling with their mental health or mental wellbeing.					
People with a mental health condition are unable to live normal, fulfilled lives.					
I have coping strategies to use when my mental wellbeing isn't so good.					
Society treats people with mental health problems fairly and equally.					
I would like to know more about mental health issues.					