



## SCHOOL-WIDE HEALTHY MINDS SURVEY

1. What are your family's biggest mental health concerns right now?

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2. What is your family's biggest barrier to maintaining good mental health?

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3. **Social and Emotional Learning (SEL)** teaches kids emotional, relationship, coping and life skills needed to successfully navigate and be resilient to life's challenges and interact with others in a positive way throughout our lives.

Did you know what Social Emotional Learning was before reading this definition?

Yes     No     I do not know

4. {If your school focuses on SEL ask question 4. If not, skip to question 5.}

Did you know our school is focusing on Social and Emotional Learning? (Circle your answer)

Yes     No     I do not know

5. Do you think Social and Emotional Learning is important for our school to focus on? (Circle your answer)

Yes     No     I do not know

6. Does our school create an atmosphere that is welcoming, safe and supports wellness? (Circle your answer)

Yes     No     I do not know

7. Do you know who at school can help with any mental health issues your child may be having? (Circle your answer)

Yes     No     I do not know

8. Would you talk to them about any mental health issues your child may be having? (Circle your answer)

Yes     No     I do not know



9. **{If relevant}**: Do you know these other mental health services/supports **{insert what your school offers}** are available at our school? (Circle your answer)

- Yes       No       I do not know

10. **{If relevant}**: Do you or your child use it/them? (Circle your answer)

- Yes       No       I do not know

11. What other school-based mental health supports or services would be most helpful to your family? (Check all of your answers)

- Providing counseling services to my child.
- Teaching positive social and emotional skills to my child.
- Connecting my family to community-based mental health services.

Other: \_\_\_\_\_

\_\_\_\_\_

12. Do you know what mental health services and supports are available in our community? (Circle your answer)

- Yes                  No                  I do not know

13. Do you participate in our school's PTA? (Circle your answer)

- Yes                  No                  I do not know

14. How can our school's PTA best support your family's mental health? (Check all of your answers)

- Offering ongoing mental health education to families.
- Providing the opportunity to ask a mental health expert my questions.
- Teaching effective parent/child communication skills.
- Connecting my family to community-based mental health services.
- Advocating for a more supportive and inclusive school climate.

Other: \_\_\_\_\_

\_\_\_\_\_

15. Is there anything else you would like to share? (Write your answer below)