

## Appendix 1 -Questionnaire

### Declaration

I have read the participant information leaflet for this study and I understand the contents. I freely and voluntarily agree to be part of this online research study.

1. I understand that I may withdraw from this study at any time. I consent to participant in this study

Yes/ No

2. Gender

Male

Female

Other

3.What age are you?

16/17/18 or other

4. What type of school do you attend?

All-girls school

All-boys school

Mixed school

5. Do you feel supported in your school with regards to mental health?

Extremely supported

Somewhat supported

Not at all Supported

6. What is the most important quality that an adult needs to be a good support in school? Tick all the boxes that are important to you.

Trustworthy

Good listener

Relatable to

Young and cool

Someone who sticks to the rules

Sound

Will not tell anyone

Any other qualities that are important?

7. Have you heard of the any of the following interventions that may be available in secondary schools?

Please tick all the boxes that you are familiar with.

MindOut Program

YAM - Youth Aware of mental health

HPST - Health promoting school team

CAMHS - Child and adolescent mental health service NEPS -

National educational psychology service

ASIST - Applied suicide intervention skills training

None of the above

Other - Did I miss any in your school?

8. As part of Social, Personal and Health Education (SPHE) do you think there is enough about mental health in the curriculum?

Not enough

Enough -Just the right amount

Too Much

9. Please tick any of the following people available in your school, who you feel you could approach to discuss any mental health issues? Tick all the people that maybe helpful.

Teacher

Principle

Chaplain

Year Head

Psychologist

Guidance Counsellor

Mental Health Professional

Anyone else not listed?

10. Please tick the one that applies to your school in relation to mental health supports

No programs or supports available

Loads of interventions and supports

If any, name some of these supports

11. Have you ever used any support service in your school for your mental health?

Yes/No

12. If you have used a support service, can you name the service

13. Rate the helpfulness of this support?

Extremely helpful  
Very helpful  
Somewhat helpful  
Not so helpful  
Extremely Unhelpful

14. What would you recommend for all schools as a 'good support' for mental health?

15. If you were to change anything in your school with regards to mental health supports, what would it be?

16. Do you know what a mental health nurse does?

Yes/No

17. Would you use a mental health nurse in your school?

Yes/No

18. If you answered No to question 17, please give reason why you answered

19. Has a friend ever spoken to you about their mental health difficulties?

Yes/No

20. Would you feel that you have enough information to support your friend, if they had mental health issues?

Yes/No

21. Would you use online supports if they were available in your school? For example; skype/video call, texting a support line, or any other online services that may be available.

Yes/No