

**Project Cal-Well California Healthy Kids Survey Custom Module – ELEMENTARY  
11/26/19**

Please mark one answer for each statement unless it says to mark all that apply. You do not have to answer any questions you don't want to answer.

The next questions ask about when you or someone you know was having a hard time and feeling very sad, stressed, or depressed.

**1. In the past month, how often did you feel stressed?**

- Never
- Sometimes
- Most of the time
- All of the time

**2. In the past month, how often did you feel very sad or depressed?**

- Never
- Sometimes
- Most of the time
- All of the time

**3. Do you know where to go for help at school when you feel very sad, stressed or depressed?**

- No
- Yes

**4. If someone your age felt very sad, stressed or depressed, could talking to an adult help them feel better?**

- No
- Yes
- I don't know

**5. If someone your age felt very sad, stressed or depressed, would kids at your school be nice to them?**

- No
- Yes
- I don't know

**6. If you felt very sad, stressed or depressed, could talking to an adult help you feel better?**

- No
- Yes
- I don't know

**7. If you felt very sad, stressed or depressed, would kids at your school be nice to you?**

- No
- Yes
- I don't know

**8. If you felt very sad, stressed or depressed would you...** *(mark all that apply)*

- Talk to a teacher or another adult at school
- Talk to your parents or someone in your family
- Get help from a counselor, doctor or therapist
- Talk to your friends
- Be afraid to get help
- Not know what to do

**9. In the past year, did you want to talk to a counselor, doctor or therapist about feeling very sad, stressed or depressed?**

- No
- Yes
- I don't know

**10. In the past year, did you get help from a counselor, doctor or therapist about your feelings when you needed it?**

- No, because I didn't need help
- No, I didn't get help when I needed it
- Yes, I got help when I needed it

**11. In the past year, where did you get help from a counselor, doctor or therapist about your feelings?** *(mark all that apply)*

- Nowhere
- At school
- At a counselor, doctor or therapist's office not at school
- Somewhere else
- I don't know

**12. In the past year, did an adult at school refer or connect you to a counselor, doctor or therapist outside of school?**

- No
- Yes
- I don't know