

Deadly Thinking Community Workshop Evaluation



Feel free to write exactly what you think – there are no right or wrong answers

Your answers are **ANONYMOUS** and your participation is voluntary

NOTE: Anonymous/de-identified comments may be used to promote Deadly Thinking

Location:

Date:

Thoughts on the workshop:

1. How helpful did you find the Deadly Thinking workshop?

VERY UNHELPFUL	UNHELPFUL	NEITHER	HELPFUL	VERY HELPFUL

2. What did you like most about Deadly Thinking?

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3. Please circle the answer that seems right for you:

	STRONGLY DISAGREE	DISAGREE	NEITHER	AGREE	STRONGLY AGREE
I understand more about social and emotional wellbeing					
The workbook helped me to understand the presentation					
I know about the signs and symptoms of social and emotional wellbeing issues					
I know where to go to get help					
The facilitator presented the workshop well					
I am now more comfortable to talk about emotional wellbeing					
I am confident to yarn with others about emotional wellbeing					
I know what to do in an emotional health crisis					
I know how to support someone following an emotional health crisis					
I know about risk factors associated with suicide					

Thoughts on mental health:

4. Please circle the answer that seems right for you, following the workshop my knowledge of social and emotional wellbeing is:
















low 1 2 3 4 5 6 7 8 9 10 high

5. Please read each line and circle the answer that seems right for you.


































































Following the workshop, would you:	STRONGLY DISAGREE	DISAGREE	AGREE	STRONGLY AGREE
...take the opinion of someone who has a mental illness less seriously				
...consider someone who has a mental illness to be dangerous				
...hesitate to do business with someone who has a mental illness				
...think badly of someone who has a mental illness				
...consider mental illness to be a sign of personal weakness				
...hesitate to entrust your child with someone who has a mental illness				
...not even take a look at an application from someone who a mental illness				
...not enter into a relationship with someone who has a mental illness				
...feel uneasy when someone who has a mental illness moves into the neighbourhood				

Thoughts on help-seeking:

6. Please circle the answer that seems right for you. Following the workshop, if you were having an emotional health problem, how likely is it that you would seek help from:

	VERY UNLIKELY	NEITHER	VERY LIKELY
Partner (boyfriend or girlfriend, spouse), friend or family member			
Health professional (ATSI mental health worker; AMS; Doctor)			
Community leaders (Elders, educators, helpers, traditional healers)			
Phone helpline, apps, online learning			
Other			

7. Please read each line and decide how important it would be in stopping you from seeking help.

	STRONGLY DISAGREE		NEITHER	STRONGLY AGREE	
I don't want to sound like I'm complaining					
I don't think it is good to talk about suicidal thoughts					
The problem wouldn't seem worth getting help for					
I prefer to just put up with it rather than dwell on my problems					
I'd rather not show people what I'm feeling					
I don't know how to yarn about something like this					
I don't trust doctors or other professionals					
Privacy is important to me and I don't want other people to know about my problems					
I wouldn't know what sort of help was available					
It would seem weak to ask for help					
This problem is embarrassing					
Problems like this are a part of life; they're just something you have to deal with					
I would think less of myself for needing help					

8. What else do you think could be done to improve wellbeing in your country?

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9. How could Deadly Thinking be improved?

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Thank you for your time and input.

Look after yourself, your family, and your community.

Fold your evaluation and hand back to your facilitator before you go