

Deadly Thinking Pre-workshop Survey



Feel free to write exactly what you think – there are no right or wrong answers.
Your answers are **ANONYMOUS** and your participation is voluntary.

Location: Date:

Helpful information:

1. Are you of Aboriginal or Torres Strait Islander origin?

Yes, Aboriginal Yes, Torres Strait Islander Yes, both No, please specify:

2. How old are you?

17-25 25-35 35-45 45-55 55-65 65+

3. What is your gender?

Male Female Other, please specify:

4. What is your marital status?

Married/partner No partner

5. What do you do?

Studying Volunteering Home duties Away from work at the moment Unemployed
 Employed, what industry?

Thoughts on mental health:

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

You would:	STRONGLY DISAGREE			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				

7. Please circle the number that seems right for you. My knowledge of social and emotional wellbeing is:

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

Thoughts on help-seeking:

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

	STRONGLY DISAGREE					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										
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										

9. If you were having a social or emotional wellbeing problem, how likely is it that you would seek help from:

	VERY UNLIKELY					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										

10. How did you find out about this workshop?

- | | | |
|--|---|--|
| <input type="checkbox"/> Word of mouth | <input type="checkbox"/> Print newsletter | <input type="checkbox"/> Electronic newsletter/email |
| <input type="checkbox"/> Flyers | <input type="checkbox"/> Social media | <input type="checkbox"/> Other, please specify:..... |

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**