

MY MENTAL HEALTH

Project pre-workshop Survey

Name Date Age Male, female or other
Postcode Welsh speaker? Yes/No

1) I know what mental health and positive well-being are.



Agree



Neither agree nor disagree



Disagree

2) I have strategies to improve my mental wellbeing.



Agree



Neither agree nor disagree



Disagree

3) I am confident talking to someone about mental health issues.



Agree



Neither agree nor disagree



Disagree

4) I am confident in accessing support if I need it.



Agree



Neither agree nor disagree



Disagree

5) I know where to get reliable information on mental health issues.



Agree



Neither agree nor disagree



Disagree

Please tell us what you would like to learn in the My Mental Health workshop today?

.....
.....

MY MENTAL HEALTH

Project post-workshop form

1) After the workshop, I know what mental health and positive well-being are



Agree



Neither agree nor disagree



Disagree

2) After the workshop, I have learned strategies to improve my mental wellbeing



Agree



Neither agree nor disagree



Disagree

3) After the workshop, I am confident talking to someone about mental health issues



Agree



Neither agree nor disagree



Disagree

4) After the workshop, I am confident in accessing support if I need it



Agree



Neither agree nor disagree



Disagree

5) After the workshop, I know where to get reliable information on mental health issues



Agree



Neither agree nor disagree



Disagree

1) What did you enjoy about the workshop?

2) What did you dislike about the workshop?

3) Was the information easy to understand?

4) Anything else you would like to say about the My Mental Health workshop?