

Adolescent Mental Health Support Scale (AMHSS)

These questions are about emotional challenges or problems. Emotional challenges include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself.

1. During the past 12 months, did you want to talk to a school counselor, school therapist or school psychologist about emotional challenges or problems? *(Do not include talking about class scheduling or college or career preparation.)*
 - ☐ Yes
 - ☐ No
 - ☐ Not sure

2. During the past 12 months, how many times did you talk with any of the following for help with emotional challenges or problems?

	0 times	1 time	2 or 3 times	4 or more times
a. School counselor, school therapist, or school psychologist <i>(Do <u>not</u> include talking about class scheduling or college or career preparation.)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. School nurse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Another adult <u>at school</u> , like a teacher or other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Therapist, psychologist, or other mental health professional <u>outside of school</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Parent, relative, or other adult <u>outside of school</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Friend around the same age as you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Coach or club advisor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Religious or faith leader, including a religious youth group leader or mentor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Crisis hotline/text line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Person or group on social media (e.g. Instagram, Facebook, snapchat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. These statements are about seeking help for emotional challenges or problems from a counselor, therapist, or psychologist at school. How much do you agree or disagree with each statement about getting help at school?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. I don't know who to go to for help at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I don't think counseling at school would help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I wouldn't have time or wouldn't want to miss class to get help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I should handle problems on my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I would be too embarrassed or scared to talk about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. A school counselor/therapist might not understand me or the challenges I was having.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I wouldn't want other students to know I was meeting with a school counselor/therapist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Teachers or other school staff might treat me differently or give me fewer opportunities at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>