

Handout 3

1. **Before** today's class, how **comfortable** would you have been expressing your concern to someone you thought was struggling with their mental health?

- ☐ Very comfortable
- ☐ Somewhat comfortable
- ☐ Not very comfortable
- ☐ Not comfortable at all

Explain:

2. **After** today's class, how **confident** do you feel in **beginning** a conversation with someone who you thought was struggling with their mental health?

- ☐ Very comfortable
- ☐ Somewhat comfortable
- ☐ Not very comfortable
- ☐ Not comfortable at all

Explain:

3. What additional questions, comments, or concerns do you have about approaching someone who is struggling with their mental health?