

MENTAL HEALTH TABOOS QUESTIONNAIRE

Circle the answers that best apply to you, or note 'A' or 'B' down on a piece of paper. Don't think about your answers too much, just go with your gut response.

- 1. If your manager asked how you were, and you were in a bad place, would you say anything?**
A: Yes
B: No
- 2. If someone at work started talking about mental health, would you readily share your experiences?**
A: Yes
B: No
- 3. If a colleague mentioned they were depressed, would you:**
A: Ask what you could do to help to make things a bit easier for them at work
B: Think nothing of it - they are probably just having an off day
- 4. Do you believe your manager would be supportive if you shared with them that you were struggling with mental ill-health?**
A: Yes
B: No
- 5. What do you think about meditation?**
A: I have / or would be open to trying it
B: Not for me
- 6. Do you view mental ill-health as a valid reason to take a day off work, like having flu for example?**
A: Yes
B: No
- 7. If someone shares their emotions in the workplace do you:**
A: Think it's a good thing
B: Prefer it if they didn't