

**1. After attending the Teen Mental Health First Aid Program I have a general understanding of mental health.**

True      False

**2. I know trusted adults I can go to if myself or a friend is experiencing a mental health challenge.**

True      False

**3. I know of places where youth can get help for a mental health challenge.**

True      False

**4. I am confident in my ability to identify warning signs if a friend is experiencing a mental health challenge.**

True      False

**5. Because of my participation in this training, I have the skills necessary to help a friend who is experiencing a mental health challenge.**

True      False

