Pre and Post-Test Questions (How to Get Help Lesson):

1. Do you have at least two trusted adults in your life who you feel comfortable talking to about any mental or emotional health concerns you may have?
    a. Yes
    b. No

2. What are two ways to support a friend who may be dealing with mental health challenges in their life?
    a. Tell them what to do.
    b. Listen to them.
    c. Ask how they're doing.
    d. Give them a pep talk.

3. Which of the following is the crisis and suicide line that you can call or text with a trained counselor?
    a. 611
    b. 414
    c. 988

4. If you, or someone you know, is in immediate danger, what number should you call?
    a. 988
    b. 911
    c. 414

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