

Distinct themes in response to key questions: How is mental health described at school and at home? Given this, what are the benefits and costs of disclosing? If disclosing, where and to whom? Themes are sorted by respondent group. Themes in the same row are similar across groups.

Youth				Parents of Students w/ MH Challenges	Teachers and Youth Leaders
Middle School Students w/ MH Challenges	Middle School Students w/o MH Challenges	High School Students w/ MH Challenges	High School Students w/o MH Challenges		
How are mental health and mental health challenges talked about in school?					
Not discussed; never had a class about it	Not discussed		Not discussed; admin and teachers awkward with topic; it should be discussed more		Avoided; taboo; no social worker support
Discussed in "behavior" class	Discussed in health class; play about mental health; discussed by authorities; e.g., teachers, social work, special center;	A few formal presentations	Discussed in health class briefly; play about mental health; discussed by authorities; e.g., teachers;		Discussed in health class
					Discussed in other ways: bullying, loss of friendships
Discuss physical disability but not mental illness; confuse the two	Discuss physical illness (cancer) but not mental illness				
Disrespectful: "retards"	Negative: fearful if don't take meds	Looked down on: weak, crazy, "attention whores"	Mental illness viewed as an insult		
		Injured: gossiped about, bullied, fought with	Children with mental illness isolated in "special" classes		
	Sympathetically: though some don't like pity		Children with mental illness treated easier; used as an excuse for incomplete work		
					Some teachers will talk one-on-one with students with mental illness; e.g., about medications
How are mental health and mental health challenges talked about at home, especially by parents?					
Do not want to understand; misunderstand as anger problem or personal choice	Don't understand; ignore the topic; minimize it	Not discussed; don't understand; minimized; don't feel like that; personal choice	Not discussed; minimized; just a phase; don't understand; get tough		
		Parents need to accept illness.			
Negative concepts; such as					

demon possessed					
Disrespectful: "you're retarded"	View me as crazy or "different"	View me as different	Disrespectful; "idiot"		
	Parents never had these kinds of problems	Parents' age group did not have problems like these	Age and generational difference; parents not dealt with issues like these		
			"My children do not have these kinds of problems; they're perfect."		
Want and get positive report; want parents to check in; "how are you doing today?"	Tell whole family everything	We have an open environment			
Prefer communicate with friend			Easier to talk to a friend		
Want other family members to discuss their mental health problems					
Threatened with hospitalization	Use the information against them	Overreact: hospitalization; keep child out of decision process			
		Keep it private; don't tell others			
What are the benefits for youth disclosing their mental health challenges?					
				Uncertain	
To undo my personal shame		Share my victories; inspire peers; stories of courage, strength, empowerment		Proud of child who discloses	Students feel relieved when they disclose; take a load off the disclosing student
To help others who are in the closet; you are not alone; reduce backlash against those who disclose	Normalize experience; not something to be ashamed of	Help closeted peers avoid mistakes; let them know not alone; "I am someone you can talk to."	Model for others that coming out is good	Share with teens going through same thing; boost self-esteem; not alone; there is nothing "wrong" with my child	Gives hope to others in the closet
To promote public awareness of stigma; don't label me; don't discriminate against me		Increase public awareness of stigma; stop labels and stereotypes; increase opportunities like employment	Open doors about stigma; respect people who come out		Makes other students aware of stigma
To promote awareness of mental health; it CAN be treated	Celebrate positive response to treatment; propel student to get more information about mental illness		Learn more about mental illness; "amazed" at number of students with symptoms; learning warning signs	Helps peers with mental illness seek help	

			Get help for myself	Get help from peers with similar problems	
	Provide support; listen to the person; be with them for the long haul; maintain confidentiality; promote trust with friends		Offer a safe space and support; share coping skills; promote trust; keep checking in; keep it private		
	Help student get help from adult		Gently suggest parent involvement with problems	Children who share with peers may share with parents	
What are the risks for youth disclosing their mental health challenges?					
A need to disclose does not come up			Never heard someone need to do this; others do not want to hear this kind of stuff	Unsure	
	Should keep it private; if you look "normal," you can pass as that				
		I don't want to be defined by my diagnosis; I might feel shame or guilt			
Friends/others will feel uncomfortable; will diagnose all my behaviors as mentally ill	The disclosure would "confuse me"	Don't want others to judge me; to misunderstand me; attribute regular emotions to mental illness	People don't know how to respond to me	Other students will not understand	Others will become fearful of disclosed student
			Don't want to burden friends		
	Friends/others pity them; don't want to be pitied	Don't want people to feel sorry for me			
Friends/others will gossip about me	Students will spread it around		People will spread the word about me	Other youth will talk about the discloser	Others will talk about the student; gossip
Friends/others will hurt me; exclude me; call me a "retard"; "you're just doing it for attention."	Friends will treat me "differently;" others make fun of discloser; ignore them		People are disclosing just for attention	Others may react negatively; be bullied by others	Others will laugh at the person; peers are cruel; cyber-bullying
		Let other people down			
Painful to disclose and be discounted; that's not really a problem; counselors who cannot empathize					
Prescribe solutions; here's what you need to do; get more Jesus in your life					
Physical and emotional harm to family					

		Lose family support; become burden to family			
		Get coerced into treatment			
				Youth talking to their peers about mental health problems might worsen illnesses	
				Peers might copycat the symptoms from another youth's story	
How might youth disclose their mental health challenges yielding the most benefits?					
WHERE		WHERE			
Stories in groups		Small groups; write about it			
		On stage			
Through art and drawing		Through art			
At school		At school			
On a news channel		On the radio; online			
Anywhere!		Anywhere; just want to be heard			
TO WHOM		TO WHOM			
Don't care who knows					
Good longtime friend					
Someone who knows your past struggles					
You can tell by how someone looks at you; good vibe		Someone who is trustworthy, welcoming, supportive			
Someone who will keep it a secret		They'll keep it secret			
Someone older and wiser					
Teachers with strong student bonds; active in clubs and sports		Teachers who are nice, get to know the students			
Teachers who self-disclose their experiences		Teachers who have self- disclosed			
		Teachers who will keep it private			
		Someone connected to the family			