Mental Health and Wellness Evaluation Tool

This tool helps guide the assessment of education and training resources. The first section documents the resource’s key elements. The second section evaluates the resource against the guiding theories and principles.

**Name of resource:**

**Source:**

# Key Elements

* **Audience**: Who is the general audience: students, faculty, staff, or all? Who is the specific target audience? (e.g., Indigenous students, grad students, international students, women, men, gender-diverse individuals)
* **Content**: What are the learning goals and outcomes of the training? Which aspects of mental health literacy are addressed? What is the primary focus? Is it comprehensive?
* **Format**: How long is the education or training? Is it online or in person? Is the training accessible in physical space, language, and pedagogical approach? Are learner needs considered?

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| Audience |  |
| Content |  |
| Format |  |

# Evaluation

* **Theories**: What is the overall approach in the training or resource? Is a particular theory indicated?
* **Principles**: What principles are reflected in the training or resource? Some principles may be explicitly stated; others may be implicit.
  + Accessible
  + Adaptable
  + Culturally located
  + Evidence informed
  + Inclusive
  + Trauma informed
* **Strengths**: What indicates that the training or resource is worth using? (e.g., meets the needs of a particular audience, is flexible, can be delivered in multiple ways, supports one of the guiding theories, has been successful in the past)
* **Limitations**: What factors limit the success of the training or resource? Can the training or resource be revised with minimal effort?
* **Recommendations**: Do you recommend this resource? Is it fit for purpose? Does it need modification? If yes, how much?

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| Theories |  |
| Principles |  |
| Strengths |  |
| Limitations |  |
| Recommendations |  |