

Code	Explanation/notes
Access to services/formal supports	
Faith-based organisational support	Any social or material support from church members or religious leaders
Professional services	Any service/support from mental health/medical/social work professional
School-based support	Any service/support (including learning/emotional) from school-based mental health service provider or other school staff
Social grant/financial support	Any government-supported financial assistance or formal private financial assistance (e.g., credit company)
Constructive cognition	
Self acknowledgement/powerful identity	Any credit to self; references to personal strength; recognition of own resources/assets
Accepting that life has ups and downs	Any reference to stoicism/making peace with challenges
Being future oriented / thinking positively	Any reference to goals/plans, being hopeful/optimistic about present or future
Comforting beliefs	Any reference to beliefs that bring solace/peace, including faith-related beliefs &/ practices that encourage hope
Constructive downtime	
Doing things they love	Any reference to a pastime that they are passionate about
Exercise/sport enables/distresses	Any reference to being physically active and linking that activity to feeling less stressed
Keeping busy/distracting self	Any reference to any activity that helps participants to forget about hardships facing them/takes their mind off
Enabling agency	
Help seeking [& reciprocating]	Asking for help/advice from other people; paying help/advice (that was provided to them) forward; being helpful to those who were responsive to participants' request for help
Seeking inspiration/solutions	Any reference to reading literature/social media content/watching inspiring movies to gain inspiration, insight or solutions
Enabling opportunities	
Opportunity for part-time/full-time work	Any reference to being remunerated/compensated for work in formal/informal economy
Opportunity for education	Any reference to formal/informal opportunities to develop qualification/skills
Enabling physical ecology	
Access to transport	Any reference to being mobile/public transport
Nature/natural sounds	Any reference to green/blue spaces (parks, garden, river) or appreciation of trees/greenery/being outside
Safe place	Any reference to natural or built environment space where participant feels safe
Space to be alone	Any reference to natural or built environment space where participant feels they can retreat/recharge

Enabling relationships	
Someone has my back / meaningful relationship	Reference to feeling supported/defended/helped by someone [not named/specified]
Enabling friends/social interaction	Any reference to benefitting (emotionally/instrumentally/informationally) from being with friends or peers
Enabling family members	Any reference to any family member being emotionally supportive (providing comfort/bringing joy/advising) or providing material support
Inspiring role-models	Any reference to a peer/friend/community member/family member/public figure being an inspiration
Mother matters	Specific reference to "mother"/"mom" and related support
Self-soothing activity	
Food provides comfort	Reference to cooking/baking/buying fast food/having food and related associations of comfort/experiencing calm
Listening to/making music that soothes/enables	Any reference to music and associations of feeling calm/distressed/soothed
Meditation	
Self-expression	Any reference to expressing emotion in a solitary way (e.g., art, journaling, writing poetry)
Self-reliance and self-care	Any reference to self-nurturance (e.g., taking vitamins to stay healthy)
Sleeping	Any reference to sleep and associations of calm/relief