

Will I enjoy being a Mental Health First Aider or Champion?



The goal of MHFA England is to train one in ten people with Mental Health First Aid skills.

The purpose of this self-assessment checklist is to help ensure that you will be capable, successful, fulfilled, and effective.

Tick all the attributes that apply, If you tick the majority then this could be you.

1. Commitment:

I am committed to the aims and objectives of Mental Health First Aid at work.	
My line manager actively demonstrates support for Mental Health First Aid at work and will support me in my role as a Mental Health First Aider.	
I believe that I will be a confident Mental Health First Aider, visible and ready to support colleagues experiencing emotional distress or mental health issues.	
I may be interested in Mental Health First Aid to better understand my own mental health but this is not my main reason for becoming a Mental Health First Aider.	
I understand the boundaries of the Mental Health First Aider role and if I am not sure then I will seek support and guidance.	

2. Availability

I am normally available on-site, close to other colleagues and can be called away from my normal duties at short notice if necessary.	
Colleagues may be more comfortable seeking help from someone with a similar gender, age or social grouping. I believe that I would be a good match for those colleagues.	

3. Personal attributes

When assessing yourself on the flowing attributes it can be helpful to think back to whether they have featured in feedback or praise you have received from colleagues, friends or family.

I am a calming influence when faced with stressful situations or other difficulties.	
I can be trusted to maintain confidentiality.	
I am a source of reassurance, creating a feeling that things will get better even when it is not currently obvious how.	
I am a good listener (listening skills are a particularly valuable attribute of a mental Health First Aider).	

Name:	Email:
Dept:	