

## Will I enjoy being a Mental Health First Aider?



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 and fulfilled as the “one”.

If you answer Y to the majority of the following attributes, then you could be the one.

To inform your self-assessment you may wish to read through the page at the end of this link: <https://workwellnessuk.co.uk/mental-health-first-aid-standards/>

### 1. My 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 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 role of the mental health first aider and I believe that I will be able to cope with any effects upon, or risks to, my own wellbeing.	
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 understand the boundaries of the Mental Health First Aider role and if I am not sure then I will seek support and guidance.	

### 2. My 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.	
When colleagues or when I am away from site (e.g., working from home), I am available by work telephone or work email address and if I can't answer the call immediately then I will respond as a priority at the next available opportunity.	
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. My personal attributes

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.	

When assessing your personal attributes it can be helpful to think back to whether they have featured in feedback or praise you have received from your manager, colleagues, friends or family.

Name:  Email:

Dept:  Line Manager:

Please return your completed form to: