

Blue Light Champions: Self-assessment questionnaire

We recognise that everyone's mental health fluctuates, which is why we recommend you only undertake Blue Light Champion activities as and when you feel able to. There is no minimum requirement for participation, and how involved you are at any time is entirely up to you.

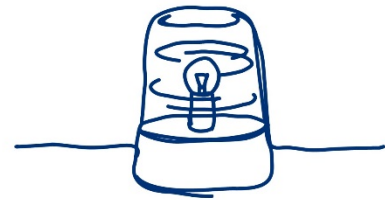
The following questionnaire is designed to help you think about whether taking on the Blue Light Champion role feels right for you at this time. It is entirely for self-assessment purposes, however if you wish to discuss any element of your completed questionnaire you can do so at bluelightchampions@mind.org.uk

1 - How would you feel if as a result of hearing about your activities as a Champion a colleague said: 'We don't have problems in this service'?

- A. I would see this as a starting point to have a conversation and raise my colleagues awareness of mental health problems.
- B. I would be a little disheartened but then remember this is why being a Blue Light Champion role is so important.
- C. I would be hurt and might feel overwhelmed.

2 - What would you do if lots of colleagues started approaching you to tell you about their experience of mental health problems, perhaps outstripping the time you had available for the role?

- A. I would think about ways that I could signpost my colleagues to support, but also see this as a positive step as it would mean my activities were encouraging them to talk about their experiences.
- B. I would not know what to do at first but would seek guidance from the Blue Light Programme.
- C. I would feel obliged or pressured into talking with and supporting my colleagues.



Question – 1

If you answered A - Great! As a Blue Light Champion you may speak to people who have different views to yourself and it can be a place to start a conversation.

If you answered B - We understand that you may receive both positive and negative comments as a result of your activity as a Blue Light Champion. It is important to celebrate the positive changes that you contribute to and see the negative as a reason for your work being so important.

If you answered C - Unfortunately as part of the role you may encounter attitudes that you find upsetting. We really want you to feel safe and for the Blue Light Champion role to have clear boundaries. If you think you are likely to become overwhelmed, we suggest that you contact us at bluelightchampions@mind.org.uk to discuss this further.

Question – 2

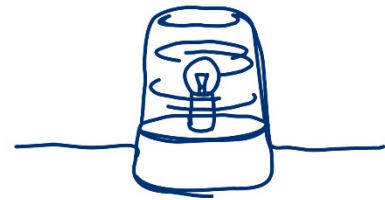
If you answered A - Great! It's important not to take on too much as a Blue Light Champion and to signpost individuals to support.

If you answered B - You may find that as a result of your work as a Blue Light Champion your colleagues feel comfortable telling you about their personal experience of mental health problems, which is a positive outcome. But it is really important to prepare yourself to signpost effectively so it does not become too much. Please have a look at the guidance we have prepared on maintaining boundaries and signposting for support.

If you answered C - We understand that the desire to help colleagues means you may feel like offering them support. However it is important that you consider your own wellbeing and do not take on too much. The Blue Light Champion role is not a pastoral role and it is possible to help them access support without you being the one providing it, for example providing colleagues with materials about looking after their own mental health. Please have a look at the guidance we have prepared on maintaining boundaries and signposting for support. If after reading this you are still unsure please contact us at bluelightchampions@mind.org.uk to have a chat.

We hope that engaging with Mind's Blue Light Programme will be enjoyable and rewarding for you, but as with any activity that challenges stigma, it might feel pressurised at times. You also might find that reading, writing, speaking or listening to subjects close to your own experiences, or that of others close to you, may be triggering - especially if you're feeling unwell.

But there are ways that you can positively mitigate against this. We encourage you to think carefully about how you'll look after your own wellbeing whilst participating in the programme, and how you

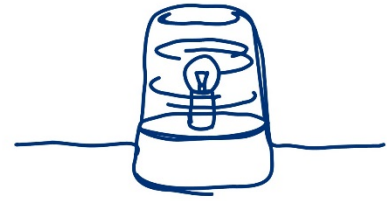


will make sure you have appropriate support in place. You might find it helpful to look at our information on [staying mentally well](#) and [dealing with pressure](#).

You may find it helpful to complete the Warwick-Edinburgh Mental Wellbeing Scale below in order to think through your mental well-being and how you can maintain this. As with this questionnaire, this is completely for your own reference and is confidential to you. We do not intend that your score encourages or stops you from becoming a Blue Light Champion: it is just a tool to help you understand how you are currently feeling.

Below are some statements about feelings and thoughts. For each statement, please tick the box that best describes your experience of each over the last 2 weeks.					
Over the last two weeks...	None of the time 1	Rarely 2	Some of the time 3	Often 4	All of the time 5
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					

If you scored -



0-32 points - Your wellbeing score is very low. You may want to begin by talking to a friend or health professional about how you can start to address this.

32-40 points - Your wellbeing score is below average.

40-59 points - Your wellbeing score is average. Most people have a score between 41 and 59.

59-70 points - Good news, your wellbeing score is above average. Continue doing the things that are keeping you happy.

Please remember that your wellbeing levels can fluctuate and this score is only reflective of how you are feeling today.

If you feel ready to become a Blue Light Champion please register [here](#).

If you have further questions or feedback please get in touch with the Mind Blue Light Team via bluelightchampions@mind.org.uk

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