Mental Health and Wellbeing (MH&W) Healthy Early Years Award

Example staff Questionnaire and guide to support.

As you may know weare taking part in the HEYA MH&W Award as we feel this is such an important aspect of all our lives. The award covers the MH&W of the children, all staff and parents/carers.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence to adulthood. This also links closely to being physically active and having a healthy diet.

Good mental health allows us to:

* Realise our full potential for learning and development
* Cope with the stresses and problems of life
* Work effectively
* Enjoy being part of our community and make meaningful contributions
* This is an NHS mental health and wellbeing quiz that may be helpful to take before completing this questionnaire <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

The purpose of this questionnaire is for us to find out how we can best support each other in the workplace and offer help and advice where appropriate, sometimes by signposting you to specific services or referring with your consent.

Please can you complete as many questions as you feel comfortable with. Your answers are confidential and will only be used to improve the support within our workplace. Your *line manager/ mental health lead* will contact you if you indicate this on the form.

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|  | Comments | Would you like to talk to a senior staff member/MH&W lead? Y/N |
| How are mental health and stress talked about in your team?   |  |  |
|  What policies for managing mental health in your workplace do you know about?  |  |  |
|  Are you regularly asked about your wellbeing?   |  |  |
| Do you feel you have a good work/life balance?  |  |  |
| Do you have regular catch-ups or one-to-ones with your line manager?   |  |  |
| Do you feel responsibilities and expectations are clearly communicated?   |  |  |
| What is in place to help you to effectively manage your workload?   |  |  |
| Are you supported with your personal development?   |  |  |
| Do you feel praised and your efforts acknowledged?   |  |  |
| Do you feel someone at work could support you if experiencing a mental health problem?   |  |  |
| How do you look after your own mental wellbeing at work?   |  |  |
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