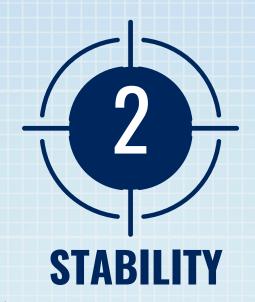
FRONTLINE MENTAL HEALTH

READINESS SCORECARD









Score each statement from 1 to 5 (1 = Strongly Disagree, 5 = Strongly Agree). Add your points in each section to calculate your total. Your final score reveals how urgently your team may need the Frontline Journaling Workshop!

1 My team is able to stay mentally

1. My team is able to stay mentally
focused and perform clearly under
pressure
2. When overwhelmed, my team knows
how to pause or reset before mistakes
happen.
3. My team can separate work stress from
personal mindset and stay present
4. My team has tools or strategies
available (like journaling or reflection)
that promote mental clarity.
5. I rarely see signs of confusion, mental
for or emotional withdrawal

6. My team demonstrates emotional
steadiness—even in high-stress or traumatic
moments.
7. There's a system for team members to
process stress, trauma, or grief safely
8. Leadership openly acknowledges mental
health as a priority and models it authentically.
9. Team members don't carry the emotional
burden alone—they are encouraged daily to ask
for help.
10. I regularly check in on the mental and
emotional wellness of my team

Total Stability Score: / 25

11. There is a culture of trust and
emotional safety on my team
12. Team members feel seen, heard, and
understood—regardless of their title, role
or rank
13. If someone is struggling silently, I
believe confidently we would notice and
respond
14. Difficult topics like trauma, addiction,
burnout, or emotional pain are not ignored
—we address them with care
15. I set the tone by sharing my own need
for support when appropriate
Total Support Score: / 25

0-25: CRITICAL Act Now

Total Clarity Score: / 25

Mental health may be affecting morale, safety, and focus. Immediate attention is needed.

26-40: WEAK Needs Support

Team is functioning, but stress and emotional disconnect are rising. Targeted care is recommended.

41-55: AVERAGE Room To Grow

Emotionally steady, but not thriving. With support, wellness could significantly improve.

56-75: STRONG Keep Reinforcing

Your team is in a healthy place. Keep prioritizing wellness and connection.

Your Score Shows Where Your Team Stands—Now Take Action!