

FRONTLINE MENTAL HEALTH

WORLDWIDE
Uplift

READINESS SCORECARD



CLARITY



STABILITY



SUPPORT

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 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 fog, or emotional withdrawal. ____

Total Clarity Score: ____ / 25

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

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!