

Observation Checklist (Assessor Use)

(For practical role-play assessment in the Tertiary MHFA course.)

MHFA for Tertiary Learners – Observation Checklist

Learner Name: _____

Date: _____

Assessor: _____

A. Recognising Signs of Mental Health Problems

Skill	Competent Not Yet	
Identifies early warning signs	☐	☐
Recognises academic-related stress indicators	☐	☐
Recognises crisis indicators (panic attack, suicidal ideation)	☐	☐
Identifies substance-related concerns	☐	☐

B. Communication Skills

Skill	Competent Not Yet	
Uses calm, non-judgmental tone	☐	☐
Uses active listening	☐	☐
Demonstrates empathy	☐	☐
Maintains appropriate boundaries	☐	☐

C. Crisis Response

Skill	Competent Not Yet	
Applies MHFA Action Plan correctly	☐	☐
Responds appropriately to panic attack	☐	☐
Responds appropriately to suicidal disclosure	☐	☐
Ensures immediate safety	☐	☐

D. Peer-to-Peer Support Skills

Skill	Competent Not Yet	
Encourages help-seeking	☐	☐
Knows when to escalate to staff/security	☐	☐
Maintains confidentiality appropriately	☐	☐
Avoids giving professional advice	☐	☐

E. Referral & Pathways

Skill	Competent Not Yet	
Identifies correct campus services	☐	☐
Provides referral in a supportive manner	☐	☐
Knows after-hours and emergency options	☐	☐

F. Self-Care Awareness

Skill	Competent Not Yet	
Identifies personal limits	☐	☐
Demonstrates awareness of burnout	☐	☐