

MENTAL HEALTH RESOURCE QUALITY ASSESSMENT

The MHRQA is a free tool is designed by Richard Daniel Curtis to help work through the questions that can help assess the quality of mental health and wellbeing resources.

It can be used to assess provision, training, books, toolkits, consultancy, services and other resources.

What is the resource?	Mental Health Awareness Training
What is its purpose?	To teach staff to recognise common mental health difficulties
What do you want to use it for?	As above
What is the cost?	£1,300

Question	Scoring	Response	Score
1. Is there evidence it will work for the purpose you want to use it for?	0 no evidence 1 evidence from a similar purpose 2 clear evidence 3 multiple forms of evidence	Designed for this purpose and used in other schools and colleges.	3
2. How many people will it be accessible to?	0 no one 1 single person 2 single figures 3 double figures or more	All staff	3
3. If one, will its use make a significant change for them?	0 no change likely 1 minor changes likely 2 large change likely 3 life-changing change likely		
4. What are the benefits for the people utilising the resource?	0 no benefits 1 single benefit 2 a few benefits 3 multiple	Multiple benefits, e.g. staff resilience, earlier recognition, identification of needs, empathetic approach	3
5. What are the limitations of utilising the resource?	0 no limitations -1 minor limitations -2 a few limitations -3 major limitations	Online training, so no opportunity to discuss with trainer	-1
6. Are there risks associated with using this resource? For example, could someone's mental health problem be triggered by its use?	0 No risks identified -1 Minor risk(s) identified -2 One or two risks identified -3 Multiple risks, including a risk to someone's safety	None identified	0
7. If there are risks, can they be mitigated? For	0 No, or no risks identified 1 A few risks can be mitigated	None identified	0

example, through training.	2 Most risks can be mitigated 3 All risks can be mitigated, including safety risks		
8. What is its cost-effectiveness?	0 no benefit 1 a few benefits compared to cost 2 the likely benefits outweigh the cost 3 very low-cost, or wide-spread/life-changing impact likely	Low cost per head for access	3
Total Score			11

Select the outcome of the assessment:

Y

Could cause harm Not suitable Limitations Suitable with caution Suitable

Notes on use:

Monitor the impact through staff feedback and referrals for support for pupils