

CHECKLIST FOR MENTAL HEALTH
 (Completion of this form is optional but requirements for mental health assessment
 can be found at [Mental Health Guidance Material](#))

1. Personal details (to be completed by the applicant)

CAA reference number	Medical certificate applied for: Class 1 <input type="checkbox"/> Class 2 <input type="checkbox"/> Class 3 <input type="checkbox"/>
Surname	Forename(s)

2. Applicant				3. AME								
Please answer the following:	Y	N	Do you have any of the following:	Y	N	Consider referral to a specialist if 'yes' to any of the following:	Y	N	Do you have any concerns about the following:	Y	N	
	Do you have any current work and / or life stressors?				Loss of interest / energy in personal or work-related activities					Psychotic disorder		
Have you been able to apply coping strategies under periods of psychological stress or pressure, in the present or the past, including seeking advice from others?			Sleep problems			Organic mental disorder			Attitude			
			Change in eating habits or unexpected weight changes			Psychoactive medication				Behaviour		
			Increased use of alcohol or use of other substances, including illicit or prescribed drugs, to help cope with stress			Disorders due to alcohol or other psychoactive substance(s) use or misuse			Mood			
Do you have any difficulties with operational crew resource management (CRM), or with your employer or work colleagues?			Low mood / suicidal thoughts			Anxiety, stress-related or somatoform disorder				Speech		
			Anger, agitation or high mood			Personality or behavioural disorders					Thought process and content	
			Feelings of detachment from events or loss of control			Functional / neurodiverse traits such as autism or learning disability			Perception			
Do you have any significant interpersonal or relationship issues, including difficulties with relatives, friends or work colleagues?			Family history of psychiatric disorders, including suicide, or addiction disorders			Mood disorder				Cognition		
						Deliberate self-harm or suicide attempt			Insight			
Have you suffered any periods of anxiety affecting your behaviour or ability to cope?			Anything else causing concern that you would like to discuss, mental or physical (please specify on next page)			Any additional clinical concerns (please specify on next page)				Judgement		

*****If the applicant or the AME has responded YES to any of the above, please give details on the next page*****

