Brief Wellbeing Screener

Any problems with...

Family worry
Tip: Is there anything with family you are worried about?

Feeling anxious, nervous or jumpy

Gunja, grog, sniffing, tobacco or other drugs

Too much energy, can’t slow down
Tip: Some people have times when they have too much energy, they talk all the time and think too fast. This may be a “manic” episode.

Being alone, not mixing well with others
Tip: Is this more than usual?

You should ask for help from your health centre if you are having some or big worries about any of these problems. You can also link in with family members, community groups, spiritual or cultural mentors and/or traditional healers.
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Or problems with...

Feeling sad inside, no interest in doing things

Mixed up thoughts, paranoid or silly thinking
Tip: Some people think people are going to hurt them, that they have special powers or that other people can hear their thoughts. Thinking like this is common when someone has a psychotic illness.

Hearing voices or seeing things

Thoughts of suicide or self-harm

Violent, strange or silly behaviour

You should ask for help from your health centre TODAY if you are having some or big worries about any of these problems. You can also link in with family members, community groups, spiritual or cultural mentors and/or traditional healers.

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research’s Aboriginal and Islander Mental Health Initiative (AIMhi) NT. Enquiries can be made to info@menzies.edu.au or 08 8922 8196. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Remote Health on 08 8951 7808.