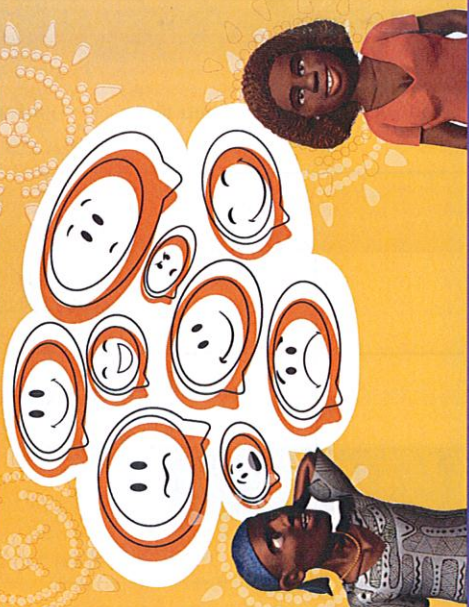




# Yarning about Wellbeing

## and your social emotional health

Name:



Use with SNAPE and Brief Wellbeing Screener

Who to see

Name:

Health Centre:

Contact Person:

Contact Number:

Next Visit:  Time:



www.health.nt.gov.au

8/02/17 2:28 PM

Sep 2016

**Your plan for feeling good**

What is the most important thing for you to work on changing right now?

Goal: \_\_\_\_\_

What would be your steps for making that change?

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

What is another important thing for you to work on changing right now?

Goal: \_\_\_\_\_

What would be your steps for making that change?

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

What do you think could stop you from achieving your goals?

**What takes your strength away?**

Doing things that are no good for us takes our strength away.

- Too much grog or gunja
- Gambling
- Hurting yourself
- Texting on your phone
- Chat and Facebook
- Fights with family, partners and friends

**Any worries with?**

Yarn about how you feel and why.

If you said YES to any of these, you may need to visit your doctor or local health clinic straight away.

- No good tucker
- Sleep
- Caring for you
- Anxiety and stress
- Other worry we don't talk about

YES NO

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research, Aboriginal and Islander Mental Health Initiative (AIMHI) NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce Program, Department of Health on 08 89568 2603 or www.remotesaod.com.au.

**Yarning about wellbeing**

TOGETHER WE CAN MAKE DIFFERENCE

- Not enough exercise
- Not enough hunting, fishing, art and craft or other activities
- Gunja, grog, cigarettes or other drugs
- Injured body
- Family

YES NO

# Any worries with?

TOGETHER WE CAN STAY STRONG

EmotionalWellbeing 2



- Seek advice from your Manager about depression and anxiety worries.
- Continue using the Yarning about Wellbeing tool to explore worries and make a plan for feeling good.

0-2 - Likely to be well  
 3 or more - Complete a Patient Health Questionnaire 9 (PHQ9)  
 Use a Brief Wellbeing Screener

### Interpreting scores

Total Score (0-6)					
					Have you been feeling good, that your spirit was bad?
					Have you been feeling not wanting to do anything?
					The past two weeks, have you been feeling the following?
Score 3	Score 2	Score 1	Score 0	None	
All of the time	Most of the Time	A Little Bit			

### Patient Health Questionnaire 2 (PHQ2)

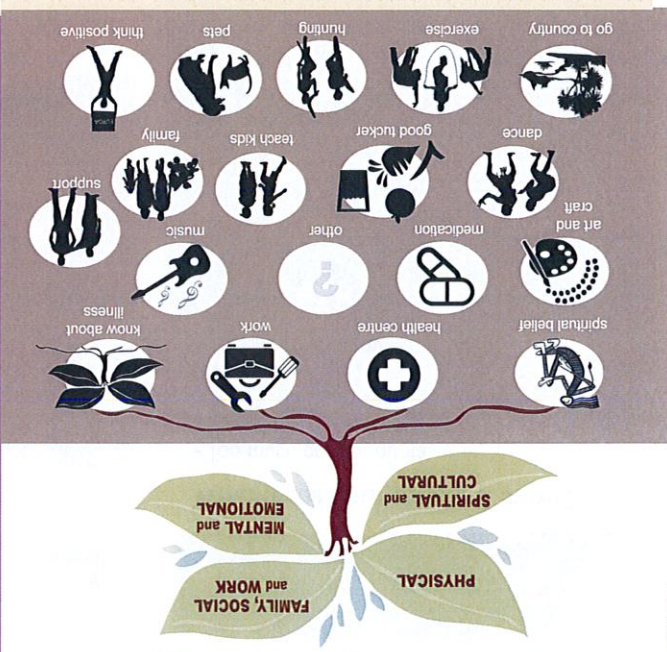


Have you seen these changes?

- Changes to eating
- Changes to sleep
- More drinking or smoking
- Spending more time alone
- Getting angry with family

Do these changes worry you or your family?

### What keeps us strong?



### Tips for Feeling GOOD

- More exercise
  - Spending time with people who make us feel good
  - Spending time with people who or doctor
  - Seeking help from a health worker
  - Connecting with culture
  - Spending time with people who care
- Good sleep and healthy food
-