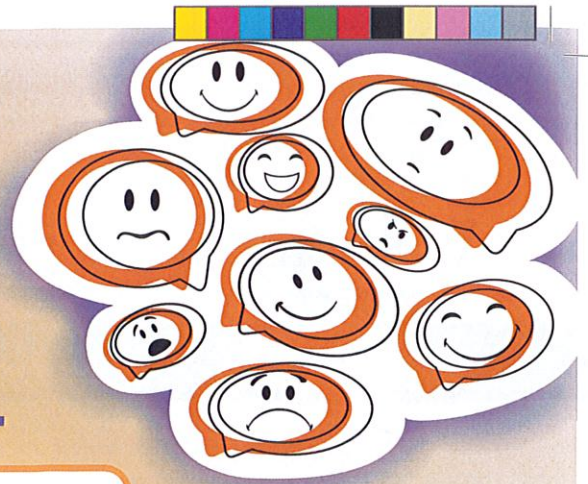




Northern Territory Government

Brief Wellbeing Screener

Any problems with...



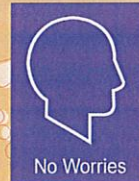
Name: _____

Date: _____

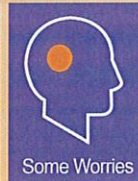


Family worry

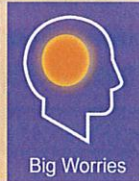
Tip: Is there anything with family you are worried about?



No Worries



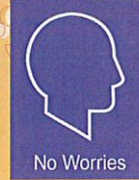
Some Worries



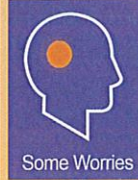
Big Worries



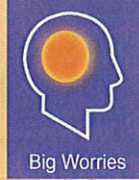
Feeling anxious, nervous or jumpy



No Worries



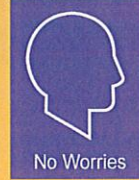
Some Worries



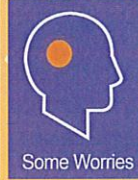
Big Worries



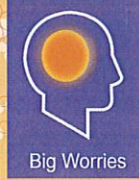
Gunja, grog, sniffing, tobacco or other drugs



No Worries



Some Worries

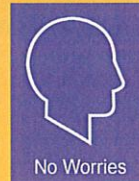


Big Worries

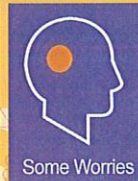


Too much energy, can't slow down

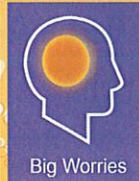
Tip: Some people have times when they have too much energy, they talk all the time and think too fast. This may be a "manic" episode.



No Worries



Some Worries



Big Worries



Being alone, not mixing well with others

Tip: Is this more than usual?



No Worries



Some Worries



Big Worries

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.



www.nt.gov.au/health



Brief

Wellbeing Screener

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. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au.