



## How Are You Doing - Check In On Your Wellbeing

It's healthy to check in on ourselves now and then. It can help us identify areas which may need attention to improve our health and wellbeing.

The simple checklists in this factsheet will help you check in on how you're faring.

### Before you begin...

This brochure will ask you a series of questions about your health and wellbeing. Based on your answers, you will be given some feedback and advice.

Answer as honestly as you can for the most accurate results. The results are a guide and meant to be used as part of your decision making process. You are the expert on your body and life: take whatever action you feel is right for you.

These tests have been adapted from the open-source Psycheck screening tool for mental health symptoms, and the criteria from the Diagnostic and Statistical Manual of Mental Disorders 5th Edition (DSM-5) for substance use disorders.

### The tests & their results

The tests can give you feedback, but they cannot provide a diagnosis. The results are a guide rather than a set of instructions. If the results don't feel right to you, that's okay. Take any action that meets your needs.

If any questions in the checklist raise concerns about your wellbeing, you can always reach out for help and guidance. Take a look at the back of this brochure for services that can provide support.

Think of the checklists as a guide rather than instructions. If you are worried, help is available.

<b>Checklist 1: General Wellbeing</b>	<b>No</b>	<b>Yes, when not drinking or using drugs</b>	<b>Yes, when drinking or using drugs</b>
Do you often have headaches?			
Is your appetite poor?			
Do you sleep badly?			
Are you easily frightened?			
Do your hands shake?			
Do you feel nervous?			
Is your digestion poor?			
Do you have trouble thinking clearly?			
Do you feel unhappy?			
Do you cry more than usual?			
Do you find it difficult to enjoy your daily activities?			
Do you find it difficult to make decisions?			
Is your daily work suffering?			
Are you unable to play a useful part in life?			
Have you lost interest in things?			
Do you feel that you are a worthless person?			
Has the thought of ending your life been on your mind?			
Do you feel tired all the time?			
Do you have uncomfortable feelings in your stomach?			
Are you easily tired?			

## Checklist 1 Results

If you said 'no' to every symptom this suggests you're doing well. If you're worried about anything, speak to your GP or someone you trust: it's always OK to reach out for help.

If you answered "Yes, when not drinking or using drugs" for 1 to 4 questions this suggests you have some difficult symptoms. Speak to your GP or someone you trust – there is help available if you need or want it.

If you answered "Yes, when not drinking or using drugs" for 5 or more questions: You seem to have some difficult symptoms and having a hard time. Speak to your GP about your symptoms, or look on the back of this pamphlet for some more specific help. It's always OK to reach out for help, and you are not alone.

If you answered "Yes, when drinking or using drugs" for 5 or more questions, you might be having some problems related to alcohol or drug use. Take a look at the next test to see how you're doing.

If you ticked yes to 'when using alcohol and other drugs', then turn over to take the 2nd checklist to see how you are doing....

## Checklist 2: General Wellbeing

Once you have completed the General Wellbeing Checklist inside the brochure, it may have prompted you to complete this checklist.

In the last 12 months...	Yes
Do you often take more alcohol or drugs than you mean to?	
Do you feel you should quit or cut down, or have you tried and haven't been able to?	
Do you spend a lot of time using, finding or recovering from using alcohol or drugs?	
Do you find yourself craving alcohol or drugs?	
Has your use of alcohol or drugs made you fail to meet responsibilities at home, school or work?	
Have you continued to use alcohol or other drugs even when it has caused (or made worse) problems with family and friends?	
Have you quit or lessened time with friends, hobbies, or work pursuits because of alcohol or other drugs?	
Have you used alcohol or other drugs in physically risky situations (like driving)?	
Have you continued to use alcohol or drugs even when they cause you physical or mental health problems?	
Have you needed to use more alcohol or drugs over time to get the same effect?	
Have you experienced withdrawal symptoms after stopping?	

## Checklist 2: The Results

If you answered Yes to 0-1 questions: This suggests you're doing OK. Keep an eye on any symptoms, and don't hesitate to reach out for help if you need it.

If you answered Yes to 2-3 questions: You might be having some mild problems with alcohol/drugs. Consider speaking to your GP, and keep an eye on your symptoms.

If you answered Yes to 4 or more questions: You may be having moderate to severe problems with alcohol/drugs. Speak to your GP, or reach out to a specific alcohol and drug service. There are many services available to help you deal with any problems and work with you to achieve your goals for improving your wellbeing.

Whatever your results you are not alone. There are many services that can help you, from websites with tips for staying well, to your local GP or support services to help you ensure you have a healthy relationship with alcohol other and other drugs.

### Help and Info

If you'd like to speak to someone, local treatment services will be able to provide support for you and your family, and can answer any questions you may have about alcohol, withdrawal, and recovery.

- Medicines Line 1300 MEDICINE
- Get the effects by txt! 0439 TELL ME text the name of the drug you want onfo on
- [tuneinnotout.com](http://tuneinnotout.com) – youth website
- [Youth Law Australia](http://Youth Law Australia)
- Parents, Elders and trusted friends
- GPs and Pharmacists
- Your Local Alcohol and Other Drug Services
- Fire, Ambulance, Police 000
- Lifeline Australia 13 11 14
- Kid's Helpline 1800 55 1800
- Poisons Information Centre 13 11 26
- Family Drug Support a 24/7 service  
[fds.org.au](http://fds.org.au) or 1300 368 186
- [CODE](http://CODE) Community Online Drug Education