

HOW ARE YOU DOING?

Check in on your wellbeing.

A simple, honest checklist to help you notice what's going well, and what might need a little more care.



It's healthy to check in on ourselves now and then. It helps us notice what needs a bit of attention — before it becomes something bigger.

BEFORE YOU BEGIN

HOW THIS WORKS

This factsheet will ask you a series of questions about your health and wellbeing. Based on your answers, you'll get some straightforward feedback and suggestions for what might help.

Answer as honestly as you can — that's what gives you the most useful result. Think of this as a guide, not a set of instructions. You are the expert on your own body and life, so take whatever action feels right for you.

A few things to know:

- These checklists can't give you a diagnosis
- If a result doesn't feel right to you, that's okay
- If anything raises a concern, help is always available

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

CHECK IN

CHECKLIST 1: GENERAL WELLBEING

For each question, mark whichever column best fits — No, Yes (when not drinking or using drugs), or Yes (when drinking or using drugs).

Question	No	Yes, when not drinking or using drugs	Yes, when drinking or using drugs
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

Said 'No' to everything? 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.

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

5 or more "Yes, when not drinking or using drugs"? You seem to be having a hard time. Speak to your GP, or look at the help list below. It's always OK to reach out, and you are not alone.

5 or more "Yes, when drinking or using drugs"? You might be having some problems related to alcohol or drug use. Continue on to Checklist 2 below.

If any answer worried you

If the thought of ending your life has been on your mind, please don't sit with that alone — reach out today. You matter, and support is available right now.

Visit alwf.org.au/support for support options, or call Lifeline: 13 11 14. In an emergency, call 000.

CHECK IN

CHECKLIST 2: ALCOHOL AND OTHER DRUGS

If Checklist 1 prompted you to look further at alcohol or drug use, this checklist can help. Thinking about the last 12 months, mark Yes wherever it applies.

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 results

0–1 'Yes'? 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.

2–3 'Yes'? You might be having some mild problems with alcohol or drugs. Consider speaking to your GP, and keep an eye on your symptoms.

4 or more 'Yes'? You may be having moderate to severe problems with alcohol or drugs. Speak to your GP, or reach out to a specific alcohol and drug service — there are many services available to help you work towards your goals.

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

REACH OUT

HELP AND INFO

If you'd like to speak to someone, local treatment services can support you and your family, and answer questions about alcohol, withdrawal, and recovery.

- Medicines Line — **1300 633 424**
- Your Local Alcohol and Other Drug Service
- GPs and pharmacists
- Parents, Elders, and trusted friends

- **tuneinnotout.com** — youth wellbeing website
- Youth Law Australia
- Fire, Ambulance, Police — **000**
- Lifeline Australia — **13 11 14**
- Kids Helpline — **1800 55 1800**
- Poisons Information Centre — **13 11 26**
- Family Drug Support (24/7) — **fds.org.au** or **1300 368 186**
- CODE — Community Online Drug Education

Two items from the original brochure need a quick check before this goes live: the Medicines Line number (shown here as 1300 633 424, the current national number – please confirm), and a text-messaging drug-info line whose number looked like it may contain a typo in the source PDF, so it's been left out until confirmed.



alwf.org.au

Adapted from the Australian Lions Wellbeing Foundation's "How Are You Doing" checklist, itself adapted from the open-source Psycheck screening tool and DSM-5 criteria for substance use disorders.