

Mental Health Brief Assessment Tool

Does the person have symptoms or signs of emotional distress?

- » Looking and feeling sad/stressed *get poil at/torment*
- » Feeling tired, feeling weak *fil wik*
- » Poor sleep or change in appetite (high or low) *nor dae slip bete or nor dae gri it (dae it boku or smol)*
- » Loss of interest in things they normally enjoy, e.g. watching movies, playing football, visiting friends, socializing *gance for du waetin e bin lek eg gladi biznes*
- » Difficulty in carrying out usual work, school, domestic, or social activities *tranga for du in wok dem, skul, ose wok or gladi tin dem*
- » Multiple physical complaints that don't have a physical cause, e.g, head pain, side pain
- » Change in behavior (restless, anxious, agitated, angry, keeping to oneself, seizures/fits) *chenj di way aw e dae du tin dem*
- » Seeing or hearing things that other people do not *e dae si tin dem we orda posin nor dae si*
- » Strange beliefs that are different from normal, not trusting people, frightened *e dae na in yon world; nor bilif ani bodi, dae fred*
- » Risk taking, e.g., substance use, change in sexual behavior, walking with no purpose, e.g, *dae waka waka*
- » Confusion or memory problems *maynd dae box up*
- » History of traumatic event: recent bereavement, domestic violence, Ebola virus disease survivor or affected family member, victim of fire or flooding *boku fiyaful tin den don apin to am*
- » In children, problems learning, understanding, talking or following instructions, wetting and soiling self.

Might this be caused by a physical illness?

Could this be malaria, typhoid, chest infection, TB, HIV, or another common physical illness?

NO

YES

Assess and manage physical illness, then recheck

Do they have ANY red flag symptoms?

- » Reported thoughts or plans to harm self or others
- » Extremely agitated or restless *mago mago pasmak or yagba*
- » Verbally or physically aggressive *e rude, lek for kos or kwik for fet*
- » Confused, unable to cooperate *konfuz*
- » Not eating for 3 days or not drinking
- » Not sleeping for 5 days
- » Reckless behaviors that are putting themselves or others at risk: increased spending, change in sexual behavior, substance use *e nor kiaya bot layf*
- » At risk of sexual, physical assault, or neglect *get risk for mek den rape am, bit am or forget bot am.*

YES

URGENT referral to MH-trained CHO or mental health nurse

NO

Do the symptoms stop them from carrying out their usual social, work, school, or domestic activities?

YES

Refer to mental health-trained CHO or mental health nurse

NO

Provide help to problem-solve, psychological first aid and reassess in two weeks

If worsens or persists

