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 egladi 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 billif 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**

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**

Assess and manage physical illness, then recheck

**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