

What I've Noticed

A private, non-diagnostic worksheet to help you put changes into words and choose one next step.

Need help now? If you or someone else is in immediate danger, call Triple Zero (000) or go to the nearest hospital emergency department. For urgent emotional support, use The Men's Waypoint Need Help Now page. Lifeline is available 24/7 on 13 11 14.

How to use this

Tick or write only what fits. Skip anything you do not want to answer. You do not need to describe painful experiences or work out why a change is happening.

- There is no score and no 'result'. This worksheet cannot tell you whether you have a mental-health condition.
- Look for what is different from your usual, how long it has been happening and how it is affecting daily life.
- Use it for yourself, or take it to a GP or another qualified professional if you choose.
- If used on The Men's Waypoint website at launch, your answers should stay on your device and should not be sent to or stored by the website.

Start with what brought you here

What made me stop and notice today?

Date: _____

You are allowed to take a change seriously before it becomes a crisis. A GP or another qualified professional can help consider mental health, physical health, sleep, medicines, alcohol or other drugs, stress and life circumstances.

1. Changes I have noticed

Think about changes from your usual self. Tick any that fit. Leave the rest blank.

Feelings and reactions

Choose any that fit	More options
☐ More stressed, tense or on edge	☐ More irritable or quick to react
☐ Low, flat, numb or disconnected	☐ Worried, fearful or panicky
☐ Overwhelmed or unable to switch off	☐ Strong emotions that feel hard to manage
☐ Less enjoyment or interest	☐ Something else: _____

Thoughts, focus and memory

Choose any that fit	More options
☐ Harder to concentrate	☐ More forgetful or losing track
☐ Spacing out or feeling absent	☐ Racing or repetitive thoughts
☐ Harder to make decisions	☐ More self-criticism or hopeless thinking
☐ Feeling unlike myself	☐ Something else: _____

Body, sleep and energy

Choose any that fit	More options
☐ Trouble falling or staying asleep	☐ Sleeping much more than usual
☐ Tired, slowed down or drained	☐ Restless or unable to settle
☐ Appetite or weight has changed	☐ Unexplained aches, tension or stomach upset
☐ Changes in sex drive	☐ Something else: _____

1. Changes I have noticed — continued

Actions and ways of coping

Choose any that fit	More options
☐ Avoiding people, places or tasks	☐ Working or staying busy to avoid how I feel
☐ Using more alcohol or other drugs	☐ Gambling, gaming, scrolling or spending more
☐ Snapping, arguing or becoming aggressive	☐ Taking more risks than usual
☐ Letting routines or self-care slide	☐ Something else: _____

Relationships and connection

Choose any that fit	More options
☐ Pulling away or not replying	☐ More conflict at home or work
☐ Feeling lonely even around people	☐ Less trust, closeness or intimacy
☐ Finding it hard to ask for help	☐ Feeling like a burden
☐ Others have said I seem different	☐ Something else: _____

Work and daily life

Choose any that fit	More options
☐ More mistakes or missed details	☐ Tasks are piling up
☐ Late, absent or struggling to start	☐ Harder to organise or finish things
☐ Money or household tasks are harder	☐ Less able to care for myself or others
☐ Daily life takes much more effort	☐ Something else: _____

The changes that concern me most

2. Timing, pattern and impact

I first noticed a change around: _____

It happens:

Choose one	More options	More options
☐ Once or rarely	☐ Some days	☐ Most days
☐ It comes in waves	☐ I am not sure	

Compared with when it began, it is:

Choose one	More options	More options
☐ Improving	☐ About the same	☐ Getting harder
☐ Changing in another way	☐ I am not sure	

Times, situations or reminders when it becomes stronger

You can write 'something from the past', 'a current situation' or leave this blank. Details are optional.

Where is it showing up?

Choose any that fit	More options	More options	More options
☐ Sleep	☐ Physical health	☐ Work or study	☐ Relationships
☐ Parenting or caring	☐ Money	☐ Daily tasks	☐ Safety

What has become harder, or what am I no longer able to do as usual?

What helps, even a little?

3. Coping, context and support

What I am doing to get through

Things that help or feel steadying

Things that give short-term relief but may be creating other problems

What else may be affecting me?

Choose any that fit	More options
☐ Physical illness, pain or injury	☐ A medicine or recent medicine change
☐ Poor sleep or shift work	☐ Alcohol or other drug use
☐ Work or money pressure	☐ Relationship or family pressure
☐ Loss, separation or major change	☐ Past experiences becoming present again
☐ Discrimination, isolation or cultural pressure	☐ I am not sure

Anything I want a health professional to know

If safety is a concern

If you are worried that you or someone else may not be safe, do not rely on this worksheet. If danger is immediate, call Triple Zero (000) or go to the nearest hospital emergency department. For urgent emotional support, use The Men's Waypoint Need Help Now page.

4. Choose one next step

You do not need to solve everything today. Choose what feels useful and possible.

Choose any that fit	More options
☐ Tell someone I trust what I have noticed	☐ Book a longer GP appointment
☐ Use Prepare for a GP Conversation	☐ Find a mental-health professional or service
☐ Keep brief notes for the next 7 days	☐ Contact urgent support today
☐ Reduce one immediate pressure where I can	☐ Another step: _____

My next step is

I will try to do this by: _____

A person who could help me take this step: _____

A short summary I can use

Over the past _____, I have noticed _____

This is affecting _____

I have tried _____

I would like help with _____

This worksheet is information and reflection support only. It is not a medical assessment, diagnosis, treatment recommendation or crisis service. A qualified health professional can help you consider what the changes may mean.

Content basis checked against Healthdirect Australia guidance on 18 July 2026. Version 1.1 safe-launch scope: static urgent directions only; interactive safety assessment deferred.