

The Mental Health Continuum Tool

Mental health is always changing with every other aspect of our lives. The Mental Health Continuum Tool uses general signs and indicators to help you track your mental health and wellness. People's mental health can move back and forth along the continuum ranging from green to yellow, orange and red, and back again. The Continuum tool can help you notice changes in your mood, attitude, behaviours, substance use, and physical changes, so you can take the appropriate actions needed to support your mental health and well-being in all colour zones.

Signs and Indicators

HEALTHY

- Healthy mood fluctuations
- Good sense of humour
- Healthy sleep patterns
- Feeling energetic
- Good performance
- Healthy physical/ social activity
- No trouble/impact due to substance use

REACTING

- Irritability/impatience
- Displaced sarcasm
- Occasional trouble sleeping
- Occasional lack of energy
- Occasional performance issues and/or procrastination
- Occasional avoidance of physical/social activity
- Limited trouble/impact due to substance use

INJURED

- Anger
- Cynicism
- Frequent trouble sleeping/ restlessness
- Frequent tiredness
- Frequent performance issues and/or procrastination
- Social avoidance or withdrawal
- Frequent trouble/impact due to substance use

ILL

- Excessive anger or rage
- Humourless
- Inability to fall/stay asleep/ or insomnia
- Constant and prolonged physical exhaustion
- Inability to perform duties and/ or complete tasks
- Isolation, avoiding social events
- Severe trouble/impact due to substance use

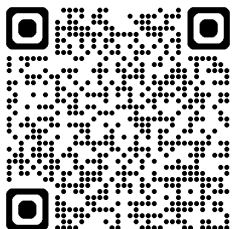
Actions to Take at Each Phase of the Continuum

- Focus on task at hand
- Break challenges into manageable chunks
- Identify and nurture support systems
- Maintain healthy lifestyle

- Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors

- Identify and understand own signs of distress
- Talk with someone you trust
- Seek professional help
- Seek social support instead of withdrawing

- Get immediate help
- Follow professional/ medical recommendations
- Regain physical and mental health



To use The Mental Health Continuum self-check, please scan here.

The Working Mind



Opening Minds

MENTAL HEALTH COMMISSION OF CANADA

If you are in distress, you can call or text 988 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.