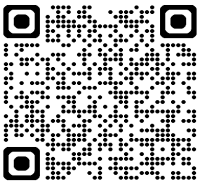
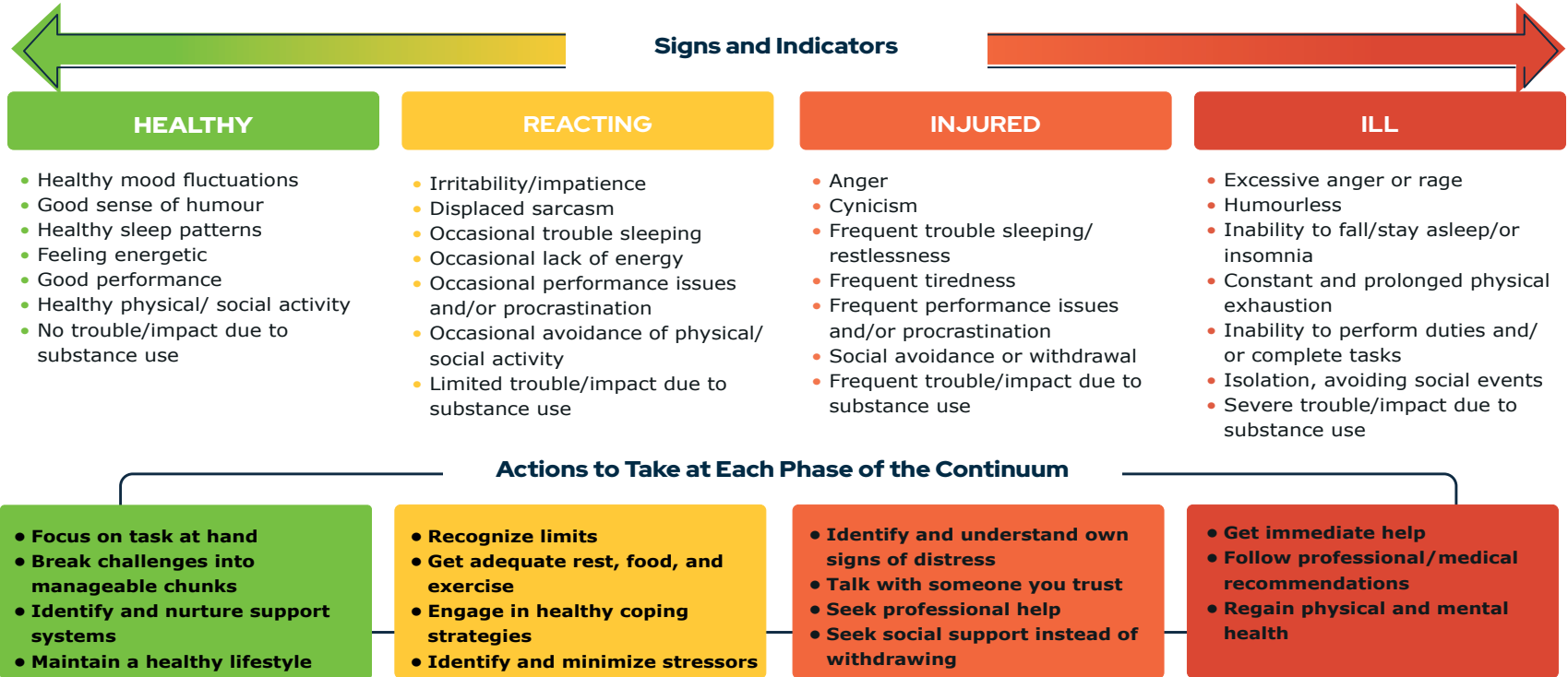


The Mental Health Continuum Tool

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.



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



The Working Mind

AN
OPENING MINDS
PROGRAM

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.