

The Mental Health Continuum Model

Use this tool to promote good mental health. By recognizing when we are experiencing the physical or emotional effects of stress, we can take steps to return to a healthy and regulated state of mental wellbeing.



How are you?

I'm thriving.

- Normal changes in mood
- Taking things in stride
- Laughing when it's funny
- Doing the things I usually do
- Physically active and connecting with people
- Confident in myself and in those around me
- Drinking alcohol or consuming cannabis in moderation, if at all

HEALTHY

- Keep doing what you are doing
- Stay focused on the positive things in your life
- If you start to feel stressed call or text 211

I'm surviving.

- Nervous, irritable
- Sad, overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Low energy
- Muscles tense, headaches
- Dismissing responsibilities
- Activities and relationships that I usually enjoy seem a lot less interesting
- Drinking alcohol and consuming cannabis regularly or in binges to manage stress

REACTING

- Recognize your limits
- Take breaks
- Seek support by talking to someone you trust
- Call or text 211
- Text "CONNECT" to 686868 to connect to the crisis textline

I'm struggling.

- Anxious, angry
- Ongoing sadness, crying, hopelessness, worthlessness
- Negative attitude
- Difficulty concentrating
- Having trouble making decisions
- Decreased performance at work or school
- Regularly missing appointments
- Not sleeping well
- Avoiding conversations with friends or family
- Increased use of alcohol or other substances - hard to control

INJURED

- Talk to someone, ask for help
- Do not stop connecting with people you know
- Call or text 211
- Text "CONNECT" to 686868 to connect to the crisis textline

I'm in crisis.

- Excessive anxiety
- Panic attacks
- Easily angered
- Depressed mood/numb
- Cannot concentrate
- Cannot make decisions
- Cannot sleep/exhausted
- Continually feeling tired or ill with no known reason
- Withdrawing from contact with friends and family
- Suicidal thoughts or intent to harm myself
- Hearing or seeing things that are not there
- Problematic behaviours and Substance Abuse

ILL

- If you are in immediate harm call 911
- Call the Rural Distress Line 1-800-232-7288
- Talk to your doctor
- Text "CONNECT" to 686868 to connect to the crisis textline