

# Mental Health Continuum Model<sup>1</sup>



## Signs and Indicators

<ul style="list-style-type: none"> <li>• Normal mood fluctuations</li> <li>• Calm/confident</li> <li>• Good sense of humour</li> <li>• Takes things in stride</li> <li>• Can concentrate/focus</li> <li>• Consistent performance</li> <li>• Normal sleep patterns</li> <li>• Energetic, physically well, stable weight</li> <li>• Physically and socially active</li> <li>• Performing well</li> <li>• Limited alcohol consumption, no binge drinking</li> <li>• Limited/no addictive behaviours</li> <li>• No trouble/impact due to substance use</li> </ul>	<ul style="list-style-type: none"> <li>• Nervousness, irritability</li> <li>• Sadness, overwhelmed</li> <li>• Displaced sarcasm</li> <li>• Distracted, loss of focus</li> <li>• Intrusive thoughts</li> <li>• Trouble sleeping, low energy</li> <li>• Changes in eating patterns, some weight gain/loss</li> <li>• Decreased social activity</li> <li>• Procrastination</li> <li>• Regular to frequent alcohol consumption, limited binge drinking</li> <li>• Some to regular addictive behaviours</li> <li>• Limited to some trouble/impact due to substance use</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, anger, pervasive sadness, hopelessness</li> <li>• Negative attitude</li> <li>• Recurrent intrusive thoughts/images</li> <li>• Difficulty concentrating</li> <li>• Restless, disturbed sleep</li> <li>• Increased fatigue, aches and pain</li> <li>• Fluctuations in weight</li> <li>• Avoidance, tardiness, decreased performance</li> <li>• Frequent alcohol consumption, binge drinking</li> <li>• Struggle to control addictive behaviours</li> <li>• Increase trouble/impact due to substance use</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive anxiety, panic attacks, easily enraged, aggressive</li> <li>• Depressed mood, numb</li> <li>• Non compliant</li> <li>• Cannot concentrate, loss of cognitive ability</li> <li>• Suicidal thoughts/intent</li> <li>• Cannot fall asleep/stay asleep</li> <li>• Constant fatigue, illness</li> <li>• Extreme weight fluctuations</li> <li>• Withdrawal, absenteeism</li> <li>• Can't perform duties</li> <li>• Regular to frequent binge drinking</li> <li>• Addiction</li> <li>• Significant trouble/impact due to substance use</li> </ul>
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## Actions to Take at Each Phase of the Continuum

<ul style="list-style-type: none"> <li>▶ Focus on task at hand</li> <li>▶ Break problems into manageable tasks</li> <li>▶ Controlled, deep breathing</li> <li>▶ Nurture a support system</li> </ul>	<ul style="list-style-type: none"> <li>▶ Recognize limits, take breaks</li> <li>▶ Get enough rest, food, exercise</li> <li>▶ Reduce barriers to help-seeking</li> <li>▶ Identify and resolve problems early</li> <li>▶ Example of personal accountability</li> </ul>	<ul style="list-style-type: none"> <li>▶ Talk to someone, ask for help</li> <li>▶ Tune into own signs of distress</li> <li>▶ Make self-care a priority</li> <li>▶ Get help sooner, not later</li> <li>▶ Maintain social contact, don't withdraw</li> </ul>	<ul style="list-style-type: none"> <li>▶ Follow care recommendations</li> <li>▶ Seek consultation as needed</li> <li>▶ Respect confidentiality</li> <li>▶ Know resources and how to access them</li> </ul>
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<sup>1</sup> Source: Mental Health Commission of Canada, <https://theworkingmind.ca/continuum-self-check>

## Employee Mental Health Support Programs

Employee Assistance Program	Canada Wide Crisis Support	Additional Support
	<p>Call, 1-833-456-4566 or text, 45645</p>	