

Mental health continuum

Self care and social support Professional care Healthy Ш Reacting Injured Normal function Common and reversible Significant functional Clinical disorder. Severe distress impairment and persistant Normal mood functional impairment fluctuations Irritable/impatient Anger Takes things in stride Nervousness Significant difficulty Consistent Lingering sadness with emotions performance Tearfulness High level anxiety • Normal sleep patterns Procrastination Hopelessness Panic attacks Physically and socially Forgetfulness Worthlessness Depressed mood active Preoccupation Overwhelmed Usual self-confidence Decreased work Lowered energy Constant fatique Comfortable with performance Disturbed contact others • Significantly disturbed with reality sleep Suicidal Withdrawal thoughts/intent