

MENTAL HEALTH CONTINUUM



How are you feeling today?



HEALTHY

- Calm and good sense of humour
- Good concentration
- Restful sleep
- Feeling of well-being
- Completing tasks consistently
- Confidence in self and others
- Seeing family and friends regularly
- Occasional alcohol and/or drug use with friends

REACTING

- Passing anxiety and sadness
- Irritability and stress
- Problems with memory
- Trouble sleeping
- Headaches and difficulty completing tasks
- Self-doubt
- Difficulty seeing friends and family
- Regular but controlled alcohol and/or drug use

STRUGGLING

- Overwhelming anxiety and sadness
- Anger towards others
- Poor concentration
- Trouble making decisions
- Restless sleep
- Physical pain
- Overwhelmed by tasks to complete
- Doubting others
- Preferring not to see friends and family
- Regular alcohol and/or drug use, out of control

IN CRISIS

- Constant anxiety and depression
- Suicidal thoughts
- No ability to concentrate
- Angry and aggressive
- Sleeping too much or too little
- Feeling ill
- No longer capable of completing tasks
- Weary of others
- Refusing to see friends and family
- Regular alcohol and/or drug abuse, feeling dependant



Explanation of the tool

As counsellors, we know that mental health is complex and not always black and white. In fact, an individual's mental health is found on a continuum that indicates their psychological state. Depending on the severity, different strategies and plans for care will be required. This continuum applies to everyone. It can be used by people with neurotypical disorders and those with a mental health diagnosis. This tool is useful for self-assessment but can also be used as a tool during follow-ups.

Mental Health Continuum

I AM FEELING HEALTHY:

Calm, good sense of humour, good concentration, restful sleep, feeling of well-being, completing tasks, confident in self and others, seeing friends and family, occasional alcohol or drug use with friends.

Strategies: Being active, enjoying the present moment and enjoying moments with loved ones.

I AM REACTING:

Occasional anxiety and sadness, irritability, problems with memory and stress, trouble sleeping, feeling stressed, headaches and difficulty completing tasks, self-doubt, difficulty seeing friends and family, increased but controlled alcohol and drug use.

Strategies: Slowing down and taking the time to rest, taking the time to notice physical and psychological state, identifying difficulties and changing things when possible.



Explanation of the tool

I AM STRUGGLING:

Overwhelmed by anxiety and sadness, anger and shortness with others, difficulty concentrating and making decisions, restless sleep and nightmares, physical pain and feeling overwhelmed by tasks to complete, doubting others, preferring not to see friends and family, using drugs and alcohol more than usual and difficulty staying in control.

Strategies: Recognising the need to find other ways to feel better, concentrating on doing what's most important and letting go of the rest, talking about the situation with trusted people and staying in contact with friends and family.

I AM IN CRISIS:

Always anxious, feeling depressed and suicidal thoughts, angry and aggressive, no ability to concentrate, sleeping too much or too little, feeling ill and unable to complete tasks, weary of others, refusing to see friends and family, alcohol and drug abuse and feeling dependant.

Strategies: Contacting 811, consulting a doctor or other health professionals, confiding in a trusted person, agreeing to take a break from work, getting back into contact with family and friends.

References :

Centre intégré de santé et de services sociaux de Chaudière-Appalaches. (2021). Baromètre de la santé psychologique. <https://www.cisssca.com/covid-19-population/prendre-soin-de-nous-des-outils-et-des-trucs/>

Centre intégré de santé et de services sociaux de Chaudière-Appalaches. (2021). Je suis en état critique. <https://www.cisssca.com/index.php?id=3517>

Centre intégré de santé et de services sociaux de Chaudière-Appalaches. (2021). Je suis en réaction. <https://www.cisssca.com/index.php?id=3513>

Centre intégré de santé et de services sociaux de Chaudière-Appalaches. (2021). Je suis en santé. <https://www.cisssca.com/index.php?id=3511>

Centre intégré de santé et de services sociaux de Chaudière-Appalaches. (2021). Je suis fragilisé(e). <https://www.cisssca.com/index.php?id=3515>