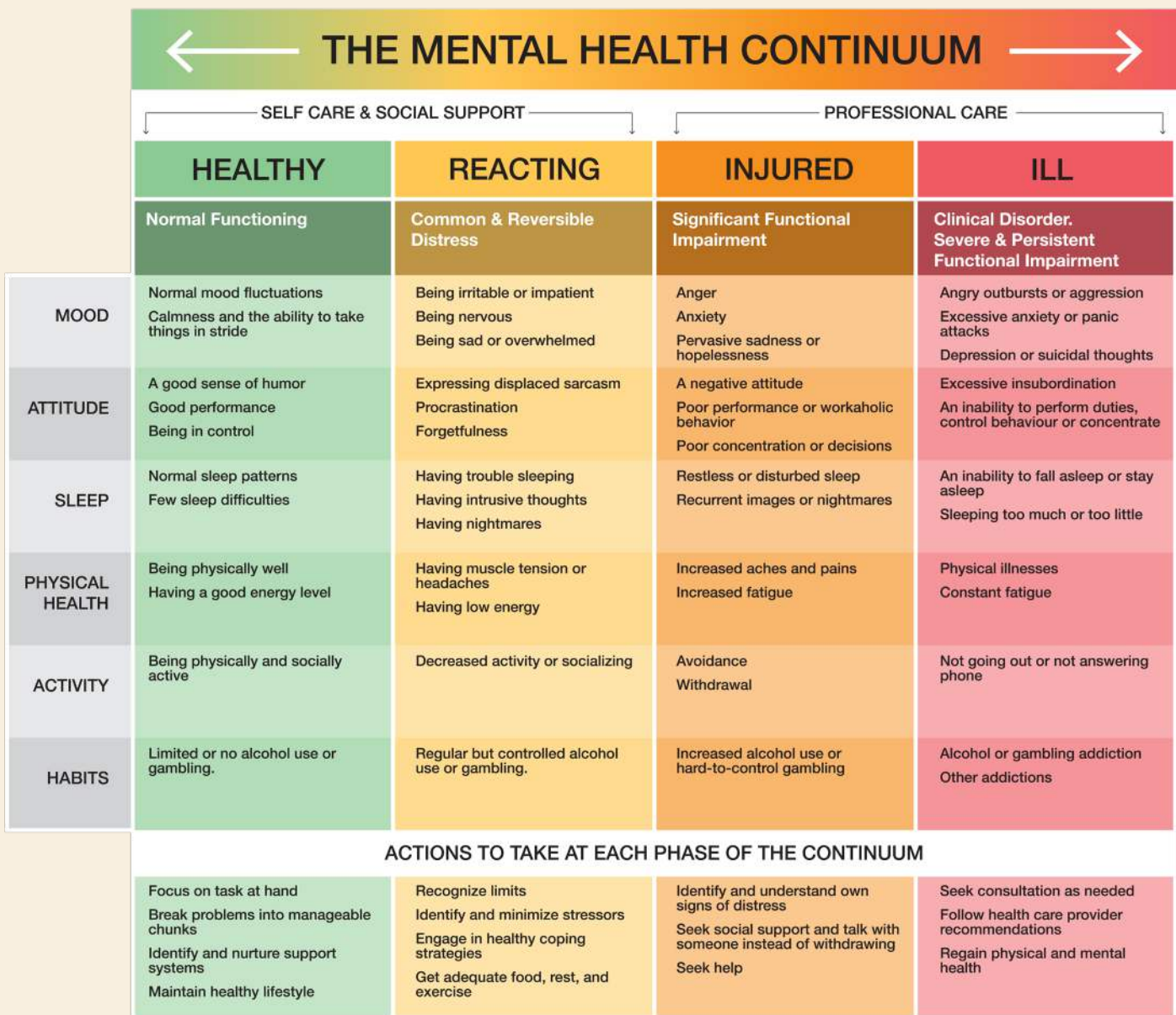


The Mental Health Continuum

What is it? A sliding scale self assessment tool that helps you gauge your wellbeing (not diagnostic), build your vocabulary and recognize changes in mood, thinking, and behavior that could signal a decline or improvement to your mental health.

Why use it? It's an approachable and supportive way to start the conversation of how you and your colleagues are doing, while building knowledge of different factors to wellness. Knowing the warning signs of a decline in mental health could mean checking in sooner and helping a colleague find support to get back on track.

How to use it: Post this where it's viewed frequently, and add to staff pre-shift meetings or check-ins by asking "where are you on the scale today?". Sometimes it's easier for someone to say "I'm in the orange today" than "I'm feeling anxious and unmotivated".



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