

Mental Health Continuum Model



Signs and Indicators

<ul style="list-style-type: none"> ▶ Normal mood fluctuations ▶ Normal sleep patterns ▶ Feeling energetic ▶ Performing well ▶ Physically and socially active ▶ Limited or no substance use 	<ul style="list-style-type: none"> ▶ Irritability, nervousness, sadness ▶ Trouble sleeping ▶ Some lack of energy ▶ Procrastination ▶ Decreased social activity ▶ Regular substance use 	<ul style="list-style-type: none"> ▶ Anxiety, anger, pervasive sadness ▶ Restless or disturbed sleep ▶ Some tiredness/fatigue ▶ Decreased performance, skipping class ▶ Avoidance ▶ Substance use hard to control 	<ul style="list-style-type: none"> ▶ Easily enraged, excessive anxiety, panic, depressed mood ▶ Unable to fall or stay asleep ▶ Constant and prolonged fatigue or exhaustion ▶ Cannot perform assignments, drop out of class ▶ Withdrawal ▶ Substance addiction
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Actions to Take at Each Phase of the Continuum

<ul style="list-style-type: none"> ▶ Focus on task at hand ▶ Break problems into manageable chunks ▶ Identify and nurture support systems ▶ Maintain healthy lifestyle 	<ul style="list-style-type: none"> ▶ Recognize limits ▶ Get adequate rest, food, and exercise ▶ Engage in healthy coping strategies ▶ Identify and minimize stressors 	<ul style="list-style-type: none"> ▶ Identify and understand own signs of distress ▶ Talk with someone ▶ Seek help ▶ Seek social support instead of withdrawing 	<ul style="list-style-type: none"> ▶ Seek consultation as needed ▶ Follow health care provider recommendations ▶ Regain physical and mental health
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