

MENTAL HEALTH CONTINUUM

A tool to self reflect on your wellbeing

What is the mental health continuum?

The mental health continuum is a tool which helps us to think about our wellbeing and what actions we can take to improve it. The mental health continuum helps us to identify where our mental health is now.

Mental health is not an all or nothing concept—it can change often. Mental health is affected by lots of things, such as work, home life, bereavement, ill health and more. Even positive things can affect our mental health, like the pressure after getting a promotion or the stress of a house move. We will all experience difficulties at some point during our life. A continuum is used to show that we can move between the different states of wellbeing: thriving, surviving, struggling and crisis.

How do I use the mental health continuum?

You can use the mental health continuum alone or with others.

Use the tool to answer the question “thinking about your wellbeing in the past week, do you feel...”.

By looking at the different statements you can assess your wellbeing. You do not have to agree with every statement to fit into a category. For example, you may be thriving socially despite feeling you are in crisis overall.

When you have thought about where you fit best, take action using the coloured boxes at the bottom of the tool.

Who is the mental health continuum for?

The mental health continuum can be used by anyone.

Examples

Shift check in

Mohammed and Claire are working together. At the start of the shift they check in to see where they are on the continuum. Mohammed is feeling green. Claire is feeling orange. Knowing how each other are doing helps them to work together. They talk about how Claire has had a difficult run of shifts affecting her sleep.

Appraisal

Zara line manages Paul. They meet to discuss Paul’s appraisal. Zara uses the mental health continuum to ask Paul how he is doing. Paul is able to reflect on his wellbeing. He has been thriving socially and doing well physically but notices that he can be impatient and struggle with stress. They agree a plan for him to engage in peer support.

Return to Work

Phil is returning to work after time off due to illness. Phil uses the continuum to think about how they are feeling. Phil notices that they have been struggling more than they realised. Phil decides to speak to their line manager. Together they decided Phil should talk to their GP and Phil makes a note to arrange an appointment at the end of the shift.

