

MENTAL HEALTH CONTINUUM



WHY?

Mental health and mental health conditions are different and exist on a continuum.



Mental health changes constantly in response to different life events and experiences. Internal and external factors can affect mental health and where your mental health is on the continuum. By understanding the continuum you can better understand your own and your families mental health and how to best support it.

FLOURISHING

Optimal functioning in which a person feels good, functions well and relates to others.

GOING OK

A person experiences good mental health and an absence of significant distress.

STRUGGLING

A person has generally time limited periods of distress that have a mild impact on daily life.

SEVERE IMPACT ON DAILY LIFE

A person has distressing thoughts, feelings and behaviours that have a severe impact on daily life.

beyou.edu.au/resources/mental-health-continuum