

Mental Health, Let's Talk About It!

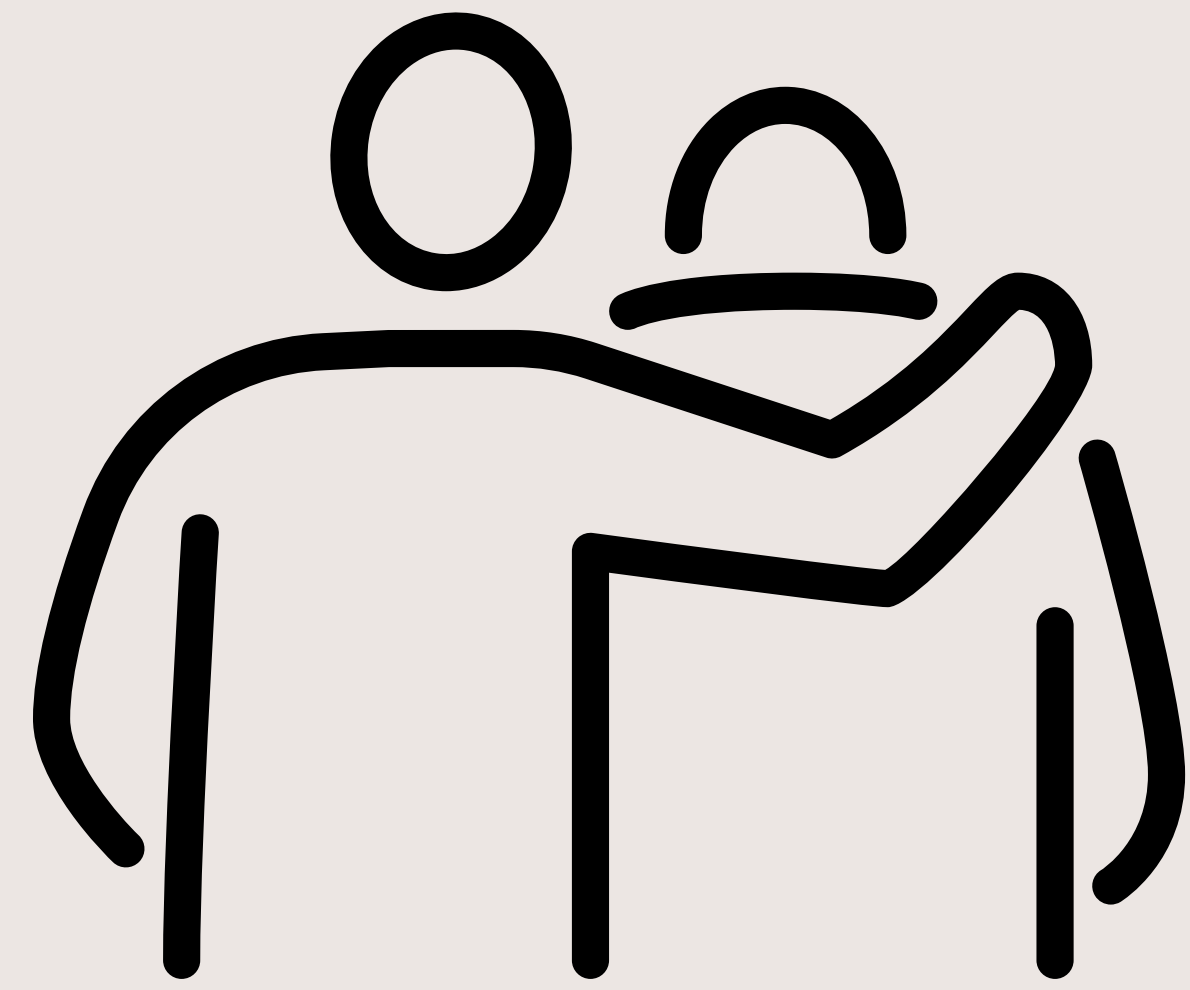
The Mental Health Continuum can help gauge your current wellbeing and when you are moving away from the Healthy end.



As you move back and forth along the continuum, you may see differences in the way you act, think, and feel.

What Can You Do?

Improving The Situation



Reach out to a friend, trusted colleague, or family member. Talking to your supports lets you express how you're feeling and validates the impact of what you're going through, and they may be able to suggest new coping strategies.



Seek out formal supports and services such as mental health professionals, formal peer support programs, chaplains, or employee assistance programs.



Build internal and external resources to add to your toolbox of coping strategies. Be kind and patient with yourself, it takes time to build healthy habits and routines.