



The Mental Health Continuum – for Students

Mental health is not static. It changes depending on unique circumstances, life events, choices and/or behaviors, all of which may be within or outside of our control. The constant change of a person's mental health is represented on the Mental Health Continuum Model. This model recognizes the wide range of mental and physical health challenges that may impact a person's life. The colour codes range from green (Thriving) to red (In crisis).

This continuum can be a useful tool to check in with yourself, as self-awareness is key for developing effective self-care routines and seeking help when needed. Using the table below may help highlight certain aspects to be mindful of in one's life. By identifying what problem(s) one is facing (e.g., recurrent intrusive thoughts), the individual can find the tools to help address those problems (e.g., recognizing the intrusive thoughts).

THRIVING	SURVIVING	STRUGGLING	IN CRISIS
Signs and indicators			
<ul style="list-style-type: none"> • Normal mood fluctuations • Ability to concentrate and focus on tasks • Typical social engagement (for that individual) • Normal sleeping patterns • Healthy relationship to substances, no or limited addictive patterns or behaviours present 	<ul style="list-style-type: none"> • Irritable, impatient, nervous and sadness • Sometimes distracted or loss of focus, procrastination • Changes in social engagement (more or less) • Some trouble sleeping • Addictive patterns or behaviours sometimes feel out of control or interfere with daily wellbeing 	<ul style="list-style-type: none"> • Angry, anxious and pervasive sadness • Constantly distracted, cannot focus on tasks and decreased performance • Social avoidance • Restless or disturbed sleep and fatigue • Addictive patterns or behaviors frequently feel out of control or interfere with a balanced sense of wellbeing 	<ul style="list-style-type: none"> • Easily enraged, excessive anxiety/panic and depressed mood • Social withdrawal and thoughts of suicide/intent • Cannot perform duties or tasks • Cannot fall/stay asleep and prolonged fatigue • Addictive patterns and behaviours consistently feel out of control
Possible actions for students			
<ul style="list-style-type: none"> • Recognize your personal signs of stress • Take breaks, practice school/work/life balance, and be patient with yourself • Take care of yourself, get adequate rest, food and exercise • Identify support systems • Learn about available wellbeing and mental health resources and/or support groups available on or off campus 	<ul style="list-style-type: none"> • Watch for daily stressors • When possible, stay away from or limit time in environments that trigger your stress • Listen to your body, get adequate rest, food and exercise • Talk with people you trust about your stressors • Connect with resources/supports/services on or off campus 	<ul style="list-style-type: none"> • Talk with people you trust, resist withdrawing or isolating yourself • Speak to a mental health professional or counselor • Connect with resources/supports/services on or off campus 	<ul style="list-style-type: none"> • If you're in immediate danger or need urgent medical support, call –9-1-1 • If you are thinking about suicide, call or text 9-8-8 • Call an emergency contact • Speak immediately to a mental health professional or counselor

(Adapted from MHCC Continuum Self Check, 2018)

The Continuum's bi-directional arrows highlight that mental health is not static or linear but fluctuates over time. There is always the possibility of returning to full health and generally, the earlier support is accessed, or provided, the easier this is. This is not a diagnostic tool but can be used to reflect on your own mental health. (*The Mental Health Commission of Canada*)

Key resources for students:

[Navigating your health and wellbeing at UBC and beyond](#) – CWL is required*

In this course, you will be introduced to the programs and services available to you at UBC and beyond to support your health and wellbeing. You'll learn how to access programs and services and to be proactive about your health.

[Mental Health: The Basics](#) - CWL is required*

A mental health literacy course that offers information and resources about intersectional approaches to mental health, stress, and taking charge of your wellbeing.

[Suicide Awareness and Intervention Training \(SAIT\)](#) - CWL is required*

A trauma-informed course that provides guidance on how to have a supportive conversation with someone who is having thoughts of suicide and how to help them to identify appropriate resources. It is post-secondary focused and is sensitive to cultural context.

Student Supports Across the Continuum

Below is a list of programs and resources to support student mental health and wellbeing across the spectrum of the Continuum.

	THRIVING (Prevention & maintenance)	SURVIVING (Maintenance & proactive supports)	STRUGGLING (Support & accommodation)	IN CRISIS (Support & intervention)
Student self-help resources / educational modules	Navigating your health and wellbeing at UBC and beyond - CWL is required*			
	UBC Thrive - mental health literacy awareness campaign			
	How to Help a Peer - CWL is required*			
	Suicide Awareness and Intervention Training (SAIT) - CWL is required*			
	Mental Health: The Basics - CWL is required*			
	Therapy Assistance Online - offers information and tools for addressing stress, relationship problems, substance use, and more. Register for free with your UBC email.			
Student services and support programs	Wellness Centre – Wellbeing Workshops and Booths			
	AMS Peer Support			
	Foundry BC App - for ages 12-24, access virtual services			
	UBC Counselling Services – drop-in or Wellness Advising appointments, and other services including Embedded counsellors , Counsellors in Residence , Group Counselling Programs			
	AMS/GSS student health benefits for Mental Health Practitioners			
	Here2Talk Free, 24/7 mental health counselling, available in various languages. UBC students can reach out as often as needed, anytime, from anywhere in the world.			
	Hope for Wellness (support for Indigenous students)			
				CALL 911 or Visit your nearest emergency room
				Crisis Centre of BC
				Campus Security
			Suicide Crisis Helpline	