



# The Mental Health Continuum

*for faculty and staff*

Scan to discover steps you can take and explore UBC resources.  
[hr.ubc.ca/MH-Continuum](https://hr.ubc.ca/MH-Continuum)



## THRIVING

- Typical mood, energy, and sleep patterns.
- Steady work performance and usual social interactions.
- Living well in recovery from illness or addiction.
- Normal sleep patterns for you.

## SURVIVING

- Nervousness, irritability, difficulty concentrating.
- Low energy, muscle tension, headaches.
- Procrastination, missed deadlines.
- Increased substance use or addictive behaviours.

## STRUGGLING

- Worry, anger, prolonged sadness, changes in overall health.
- Fatigue, lower performance.
- Negative attitude, increased conflict, more work absences.

## IN CRISIS

- Excessive anxiety, emotional outbursts, destructive behaviour (to self or others).
- Suicidal thoughts or intentions.
- Exhaustion, burnout, frequent work absences, isolation.
- Dependence on substances or addictive behaviours.

## Actions to take

- Improve your mental health literacy through education and programs.
- Find support networks.
- Explore and use available benefits.
- Know your limits, boundaries and needs.

- Use your benefits plan for support.
- Learn and practice healthy coping strategies.
- Identify and reduce stressors where possible.
- Talk to your supervisor about how they can support you.

- Use wellbeing and mental health supports like counselling.
- Recognize signs of distress and seek support from health care providers.
- Talk to a trusted friend or person for social support.
- Use workplace accessibility, accommodation, and advocacy programs.

- Connect with mental health crisis supports as needed.
- Consider taking time off.
- Seek consultation and support from workplace and community programs.
- Follow health care provider recommendations.