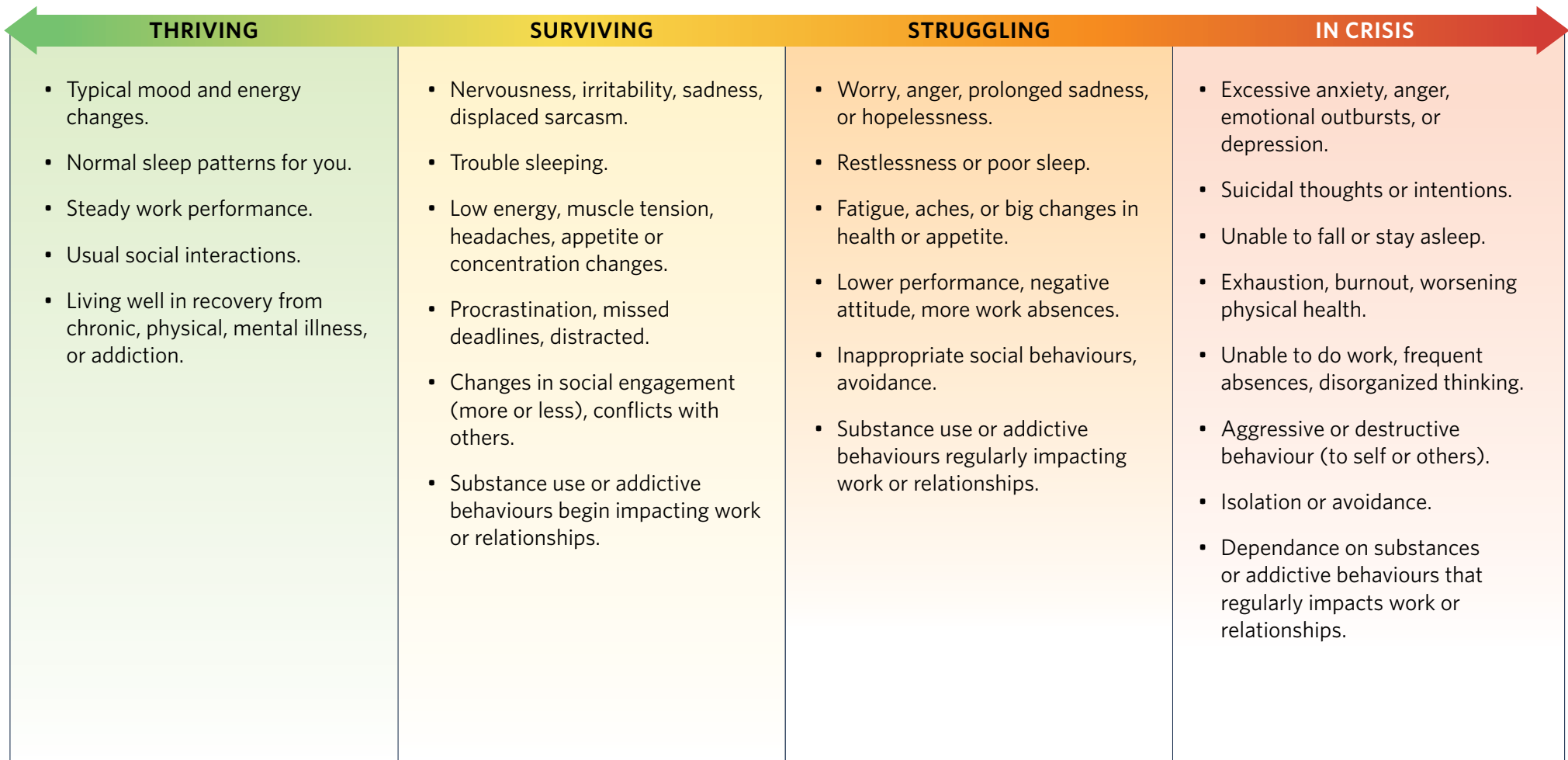


The Mental Health Continuum—*for faculty and staff*



Mental health can change due to life events, choices, behaviours, or the impact of wider systemic factors, some of which we can control, and others we cannot. The Mental Health Continuum shows the wide range of mental and physical health challenges that can affect a person. The arrows indicate that mental health can shift over time,

and no matter where you are, it's possible to get back to feeling your best. This model isn't for diagnosis but helps you reflect on your mental health. Understanding signs of decline and knowing how to take action or find support for each phase can help you manage your mental wellbeing.



Actions to take

The Mental Health Continuum
for faculty and staff



THRIVING

Improve your mental health literacy.

- [Wellbeing Foundations](#)
- [Mental Health 101](#)
- [Introduction to Mindfulness](#)
- Stay updated on health and wellbeing news through the [Healthy UBC Newsletter](#).

Find support networks like [identity-based groups](#) through the Equity & Inclusion Office.

Learn more about your benefits and discover how they can support your wellbeing, finances, and learning opportunities.

- [Use EFAP work, health, life services for financial, legal, nutrition, and career support](#).

Become a wellbeing champion in your workplace through the [Workplace Wellbeing Ambassadors program](#) or [Not Myself Today](#).

SURVIVING

Use your [benefits](#) plan for wellbeing and mental health support.

Learn and practice healthy coping strategies that work for you.

- [Digital CBT*](#) through EFAP**
- [Substance support](#) through EFAP** and benefits
- [Wellbeing workshops, courses and training](#).

Identify and reduce stressors where possible.

- Get [expert second medical opinions](#) from EFAP**.
- Prepare for [responding to a sexual violence disclosure](#) (SVPRO) or [supporting a colleague in distress](#) (UBC's Orange Folder).

Talk to your supervisor about how they can support you using the [Respectful Dialogues Guide](#) from UBC's Equity & Inclusion Office.

Know your limits, boundaries and needs for rest, food, exercise. Get familiar with [UBC's vacation and leave provisions](#).

*CBT-Cognitive behavioural therapy

**EFAP – Employee and Family Assistance Program

STRUGGLING

Use relevant wellbeing and mental health supports like counselling ([EFAP**](#) and [Extended Health Benefits](#)).

Recognize signs of distress by using this tool to track changes in your thoughts, feelings and behaviours.

Seek support from a health care provider (including psychological services).

- [Health resource navigation help](#) from EFAP**.

Talk to a trusted friend or person for social support.

Use workplace accessibility, accommodation, and advocacy programs like:

- [Paid](#) and [unpaid](#) sick leave provisions
- The [Centre for Workplace Accessibility](#)
- Human rights advising from the Equity & Inclusion Office: [UBCV](#) | [UBCO](#)
- Sexual Violence Prevention and Response Offices: [UBCV](#) | [UBCO](#)
- [Stay at work, return to work \(UBCV\)](#), or [Work Reintegration and Accommodation Programs - WRAP \(UBCO\)](#).

IN CRISIS

Connect with mental health crisis supports as needed, including:

- [The Orange Folder](#): a guide for supporting faculty and staff in distress
- [\\$3000 per calendar year](#) for psychological services (for you and dependents)
- [Individual or team crisis supports](#) through EFAP**.

Consider taking time off and familiarize yourself with UBC's [vacation and leave options](#).

Follow health care provider recommendations to improve physical and mental health. If needed, request an [expert second medical opinion](#) through EFAP**.

Scan to discover steps you can take and explore UBC resources.
hr.ubc.ca/MH-Continuum

