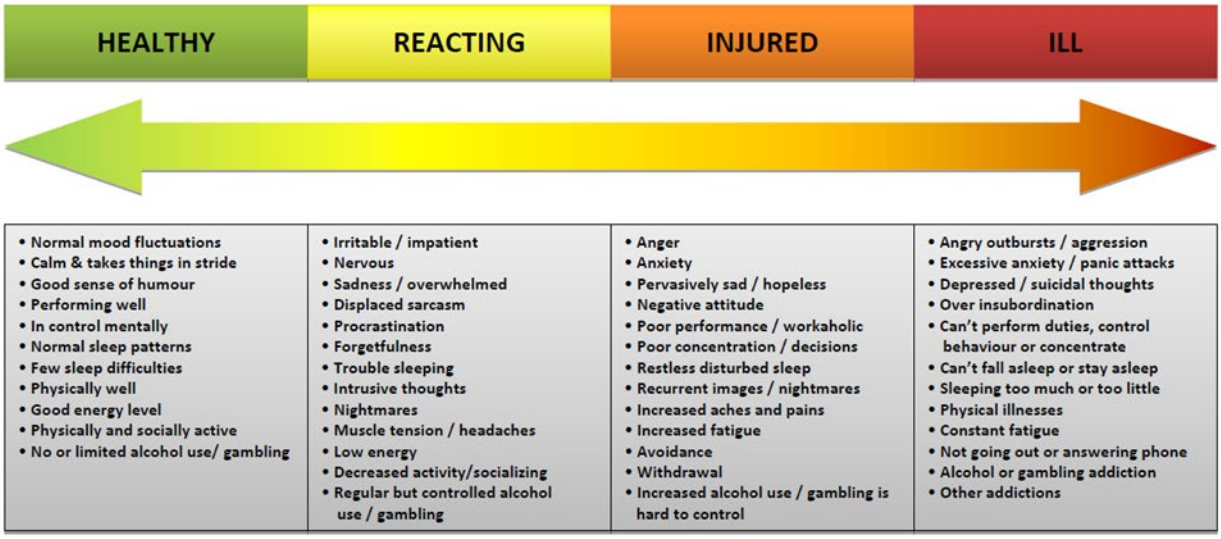
The Mental Health Continuum
UBC Programs and Resources
Audience: All **UBC Okanagan** Faculty and Staff

Mental Health Continuum Model



Substance Use Continuum Model

	Beneficial use *(use under medical supervision, use that has positive health, spiritual and/or social effects)*	**Non-problematic use** *(use without any negative physical/psychological impacts)*	**Problematic use** *(patterns of use that have higher risks of physical and psychological impacts)*	**Chronic dependent use** *(use that has become habitual and compulsive despite negative health and social effects)*
Programs	Shepell (Workhealthlife) EFAP Work, Health, Life and Counselling support services Mental Health First Aid	Shepell EFAP Work, Health, Life and Counselling support services Mental Health First Aid	Work Reintegration and Accommodation Program (WRAP) **WRAP: referral only** Alavida Boreal Wellness Centre	Shepell EFAP Work, Health, Life and Counselling support services SunLife Extended Health Plan Psychological services Work Reintegration and Accommodation Program (WRAP) **WRAP: referral only** Alavida
Resources	Healthy UBC Newsletter Benefits FYI	Healthy UBC Newsletter Benefits FYI Substance use and addiction support resources	Shepell EFAP Work, Health, Life and Counselling support services SunLife Extended Health Plan Psychological services Information for Supervisors regarding substance use Substance use and addiction support resources	Information for Supervisors regarding substance use Substance use and addiction support resources Response to At- Risk Behavior Policy SC013

The Mental Health Continuum
UBC Programs and Resources
Audience: All **UBC Okanagan** Faculty and Staff

The Mental Health Continuum
UBC Programs and Resources

	Healthy *(Promotion and education)*	**Reacting** *(Prevention & management of risk)*	**Injured** *(Illness support, management & accommodation)*	**Ill** *(Illness support, management & accommodation)*
Programs and Supports	Shepell EFAP Work, Health, Life and Counselling support services 30 Day Mindfulness Challenge Mental Health Literacy Programming • The Working Mind • Mental Health First Aid • ASIST Thrive 30 Day Mindfulness Challenge Not Myself Today Campaign Healthy Workplaces Initiative Staff and Faculty Sports Day Pick Your Peak Stair Challenge Recreation Opportunities UBC Perks Recreation opportunities Food and Nutrition LinkedIn Learning Equity and Inclusion Office UBC's United Way Campaign Professional Development at UBC Tuition Waivers	Shepell EFAP Work, Health, Life and Counselling Support Services 30 Day Mindfulness Challenge Mental Health Literacy Programming • The Working Mind • Mental Health First Aid • ASIST 30 Day Mindfulness Challenge Not Myself Today Campaign Vacation and leaves Childcare Resources Equity and Inclusion Office	Shepell EFAP Work, Health, Life and Counselling Support Services SunLife Extended Health Plan Psychological services Work Reintegration and Accommodation Program 30 Day Mindfulness Challenge Vacations and Leaves Personal Absence Tracker Helping Staff and Faculty in Distress (UBC's Orange Folder) Human Resources Advisor/Faculty Relations Sexual Violence Prevention Office Independent Investigations Office Equity and Inclusion Office	Shepell EFAP Work, Health, Life and Counselling Support Services SunLife Extended Health Plan Psychological services Work Reintegration and Accommodation Program Paid Sick Leave Unpaid Sick Leave Long Term Disability Human Resources Advisor/Faculty Relations Sexual Violence Prevention Office Independent Investigations Office
Resources	Healthy UBC Newsletter Benefits FYI Virtual Health Assessments UBC's Wellbeing Strategic Framework	Healthy UBC Newsletter Benefits FYI Virtual Health Assessments UBC's Wellbeing Strategic Framework Life Events	Helping Staff and Faculty in Distress (UBC's Orange Folder) Respectful Workplace Environment Life Events	Helping Staff and Faculty in Distress (UBC's Orange Folder) Respectful Workplace Environment Response to At- Risk Behavior Policy SC013