Healthy normal functioning	Reacting Common/ reversible distress	Injured Significant function impairment.	ill Clinical disorder. Severe & persistent functional impairment
Normal mood fluctuations Takes things in their stride Consistent performance Normal sleep patterns Physically and socially active Usual self confidence Comfortable with others	Irritable and impatient Nervousness, sadness & increased worrying Forgetfulness and trouble sleeping Lowered energy Not as relaxed Decreased social activity	Anger, anxiety. lingering sadness, tearfulness, worthlessness, hopelessness. Decreased performance at school or work Significantly disturbed sleep (falling asleep and staying asleep) Avoidance of social situations	Significant difficulty with emotions. High levels of anxiety, panic attacks, depressed mood, feeling overwhelmed, constantly tired, disturbance in thinking, suicidal thoughts/intentions
Self-Care and or Social		Professional Care	

I he Mental Health Continuum