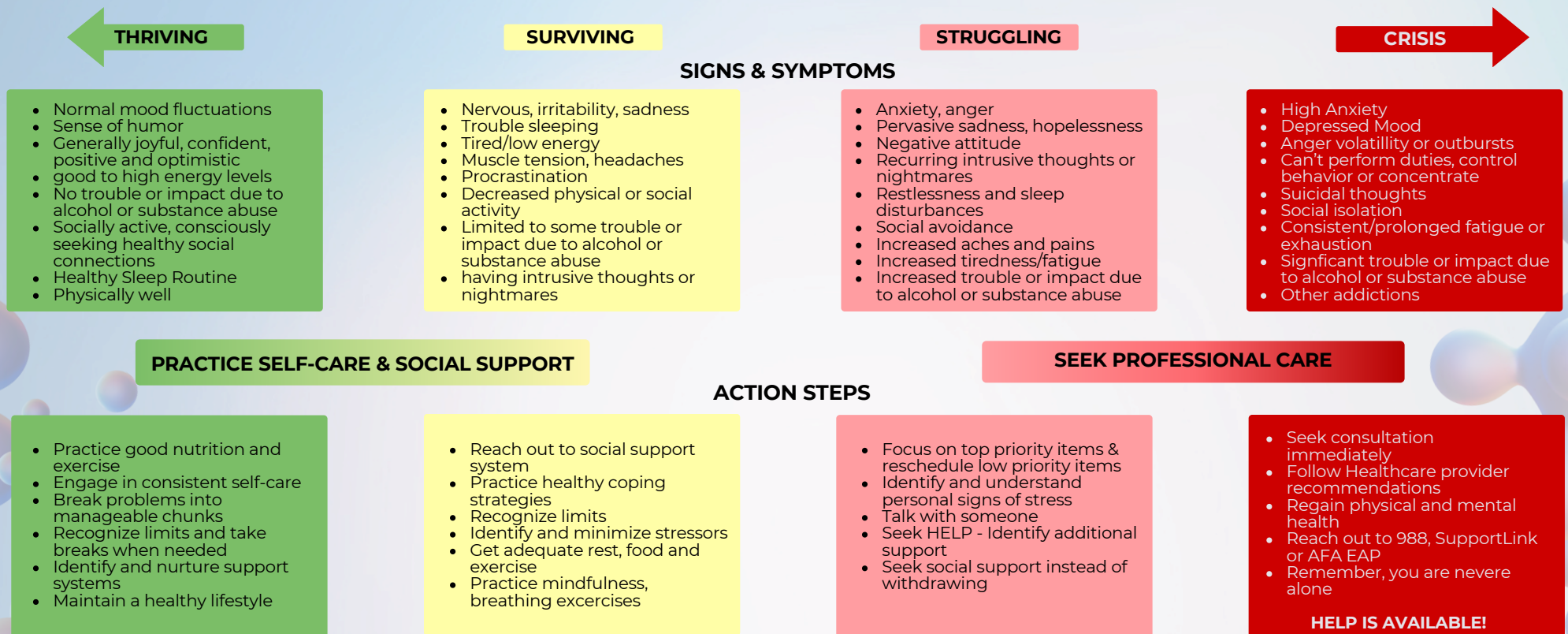


MENTAL HEALTH CONTINUUM

The Mental Health Continuum (MHC) is an effective way to describe the range of mental health experiences people may have. Individuals can move either direction along the continuum in response to life events and the amount of support and skills they have available. This information can help you determine your current place on the MHC and what would help you maintain or move along the continuum. It's important to identify your circle of support and create a plan.

- **A FRIEND OR LOVED ONE**
- **SOMEONE WHO GIVES GOOD ADVICE/LISTENING EAR**
- **A PROFESSIONAL MENTAL HEALTH CARE PROVIDER**
- **REACH OUT TO A CRISIS RESOURCE**



**Have you called your
AFA EAP yet?**

