

Mental Health Continuum Model



Signs and Indicators

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> ▶ Normal mood fluctuations ▶ Calm/confident ▶ Good sense of humour ▶ Takes things in stride ▶ Can concentrate/focus ▶ Consistent performance ▶ Normal sleep patterns ▶ Energetic, physically well, stable weight ▶ Physically and socially active ▶ Performing well ▶ Limited alcohol consumption, no binge drinking ▶ Limited/no addictive behaviours ▶ No trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Nervousness, irritability ▶ Sadness, overwhelmed ▶ Displaced sarcasm ▶ Distracted, loss of focus ▶ Intrusive thoughts ▶ Trouble sleeping, low energy ▶ Changes in eating patterns, some weight gain/loss ▶ Decreased social activity ▶ Procrastination ▶ Regular to frequent alcohol consumption, limited binge drinking ▶ Some to regular addictive behaviours ▶ Limited to some trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Anxiety, anger, pervasive sadness, hopelessness, ▶ Negative attitude ▶ Recurrent intrusive thoughts/images ▶ Difficulty concentrating ▶ Restless, disturbed sleep ▶ Increased fatigue, aches and pain ▶ Fluctuations in weight ▶ Avoidance, tardiness, decreased performance ▶ Frequent alcohol consumption, binge drinking ▶ Struggle to control addictive behaviours ▶ Increase trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Excessive anxiety, panic attacks, easily enraged, aggressive ▶ Depressed mood, numb ▶ Non compliant ▶ Cannot concentrate, loss of cognitive ability ▶ Suicidal thoughts/intent ▶ Cannot fall asleep/stay asleep ▶ Constant fatigue, illness ▶ Extreme weight fluctuations ▶ Withdrawal, absenteeism ▶ Can't perform duties ▶ Regular to frequent binge drinking ▶ Addiction ▶ Significant trouble/impact due to substance use

Actions to Take at Each Phase of the Continuum

<ul style="list-style-type: none"> ▶ Focus on task at hand ▶ Break problems into manageable tasks ▶ Controlled, deep breathing ▶ Nurture a support system 	<ul style="list-style-type: none"> ▶ Recognize limits, take breaks ▶ Get enough rest, food, exercise ▶ Reduce barriers to help-seeking ▶ Identify and resolve problems early ▶ Example of personal accountability 	<ul style="list-style-type: none"> ▶ Talk to someone, ask for help ▶ Tune into own signs of distress ▶ Make self-care a priority ▶ Get help sooner, not later ▶ Maintain social contact, don't withdraw 	<ul style="list-style-type: none"> ▶ Follow care recommendations ▶ Seek consultation as needed ▶ Respect confidentiality ▶ Know resources and how to access them
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The Big 4

GOAL SETTING	SELF TALK
<ul style="list-style-type: none"> ▶ Specific: your behaviour ▶ Measurable: see progress ▶ Attainable: challenging and realistic ▶ Relevant: want it or need it ▶ Time-bound: set finish time 	<ul style="list-style-type: none"> ▶ Become aware of self-talk ▶ Stop the negative messages ▶ Replace with positive ▶ Practice thought stopping: "I can do this." "I am trained and ready." "I will focus on what I can do."
VISUALIZATION	TACTICAL BREATHING
<ul style="list-style-type: none"> ▶ Be calm and relaxed ▶ Use all senses ▶ See positive mental images ▶ Keep it simple ▶ Use movement 	<p>Rule of 4:</p> <ul style="list-style-type: none"> ▶ Inhale to count of 4 ▶ Exhale for count of 4 ▶ Practice for 4 minutes <p><i>Breathe into the diaphragm</i></p>

AIR: Ad Hoc Incident Review

ACKNOWLEDGE that something has happened, and listen.
INFORM: Check in and apply the Mental Health Continuum Model.
RESPOND: Observe and follow up.

If you are concerned about signs of poor or declining mental health in yourself or a buddy, get it checked out. Resources include:

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|-----------------------|------------------------------------|
| ▶ Buddies | ▶ Crisis or Help Lines |
| ▶ Mental Health Team | ▶ Community Mental Health Services |
| ▶ Chaplains | ▶ Family Doctor |
| ▶ Leaders/Supervisors | |

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Mental Health Commission of Canada
Commission de la santé mentale du Canada

Road to Mental Readiness



CALGARY POLICE SERVICE

This poster was created through a collaboration between The Department of National Defence, Calgary Police Service, and the Mental Health Commission of Canada. The Mental Health Continuum Model and R2MR Program were originally created by The Department of National Defence. For more info about R2MR, email r2mr@mentalhealthcommission.ca