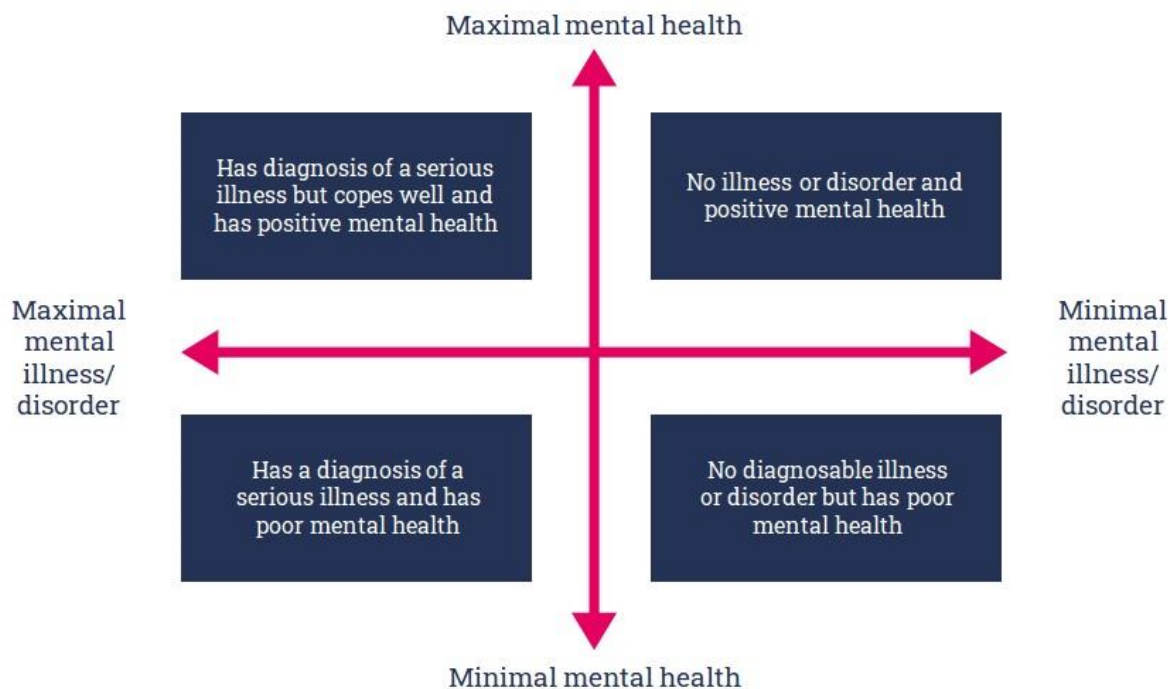


The Mental Health Continuum



Sam – Sam owns a fruit and veg stall in the local market. Business is good and Sam enjoys talking with the other stall owners in the market. Sam has a nice house and likes gardening and has friends and family whom Sam sees regularly. Sam is currently single but happy with that. Sam has no history of mental ill health and life is good for Sam. Sam is happy. **In which quadrant would you place Sam?**

Jo – Jo works for an insurance firm and has a lot of stress going on at work at the moment. This work related stress is affecting Jo’s family life as Jo is finishing work and then probably drinking a bit too much. The house is also a bit of a mess at the moment as there are lots of jobs within the house that Jo cannot get around to doing. Jo has no history of mental ill health issues but is just not coping well at the moment and does not feel happy. **In which quadrant would you place Jo?**

Al – Al is working at an organisation where there is a lot of change at the moment. There has also been announcements that there will be some redundancies and so Al worries about job security. Al has also had some relationship problems. About 3 months ago, Al was diagnosed with bipolar disorder and doesn’t really understand what that means nor feels equipped to deal with it. **In which quadrant would you place Al?**

Pat – Pat has a good job as an account manager for a local firm. Pat started at the firm 8 years ago as an admin officer and has had several promotions over the years to the post of account manager. Pat enjoys going out with family and friends and has lots of hobbies and interests. Pat has just had a new kitchen fitted in the house and is really pleased with the result. Pat is really happy at the moment. About 15 years ago Pat was diagnosed with schizophrenia and manages this well. **In which quadrant would you place Pat?**

A Approach the person, assess and assist with any crisis

L Listen and communicate non-judgmentally

G Give support and information

E Encourage the person to get appropriate professional help

E Encourage other supports

Mark Scenario

You are concerned about your nephew Mark, who is a university student. His parents (your brother and sister-in-law) and Mark are visiting you over the long weekend. From what your brother tells you and how Mark looks and behaves, you think Mark may be depressed. You take the opportunity to approach Mark about your concerns. He agrees he has been feeling really low lately, to the point where on the weekends he barely gets out of bed. Getting to classes is as much as he can manage.

However, he is quite insistent that he doesn't want or need any kind of professional help. He has never liked talking about his feelings, especially to someone he does not know. He says he just really needs to pull his socks up and get on with things and he'll feel better.



A Approach the person, assess and assist with any crisis

L Listen and communicate non-judgmentally

G Give support and information

E Encourage the person to get appropriate professional help

E Encourage other supports

Karen Scenario

You are Karen's direct supervisor at work. Karen has had a lot of absences due to vague physical symptoms and she sees doctors very frequently. She often goes home from work early, citing stomach aches and headaches. She has never been diagnosed with an illness that you are aware of. She says she sleeps poorly, and as a result, has to prop herself up with caffeine all day.



Karen tends to take a long time to do the jobs she has to do, often making list after list of tasks but not managing to complete things. She gets flustered when asked about tasks she hasn't completed yet. You are chatting over lunch one day and you notice that she looks particularly worried. When you ask her what's on her mind, she says she can't pinpoint what it is - she just worries all the time.

A Approach the person, assess and assist with any crisis

L Listen and communicate non-judgmentally

G Give support and information

E Encourage the person to get appropriate professional help

E Encourage other supports