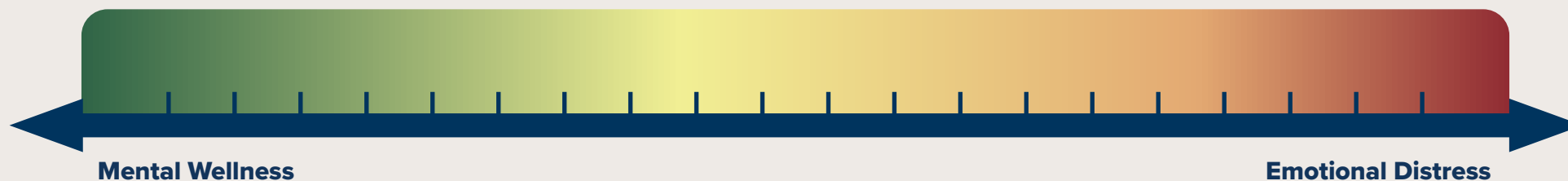


Mental Health Continuum



Green Zone

State of mind
Mental Wellness

What would this look like?
Coping well with normal life stresses. Normal sleep, activity, appetite, work and relationships

Getting help
Maintain good health by self care and connecting with others

Yellow Zone

State of mind
A little unsettled

What would this look like?
Worrying more than normal, changes in sleep, appetite and trouble focusing on work or everyday tasks

Getting help
Practice self-care and connect with family and friends. You may also consider talking to a professional

Orange Zone

State of mind
Difficulties coping

What would this look like?
Difficulties coping with daily life. Very tired, trouble concentrating and low mood, making it hard to do everyday activities

Getting help
Talk to family or friends if they are willing to help or seek professional help. Call a helpline or talk to your GP

Red Zone

State of mind
Crisis

What would this look like?
Severe difficulties getting through the day. Struggling to eat, sleep or look after themselves, experience thoughts of self-harm or suicide

Getting help
Seek immediate help from a health professional, call lifeline or attend your emergency department.

See the resources pages for free help and advice.