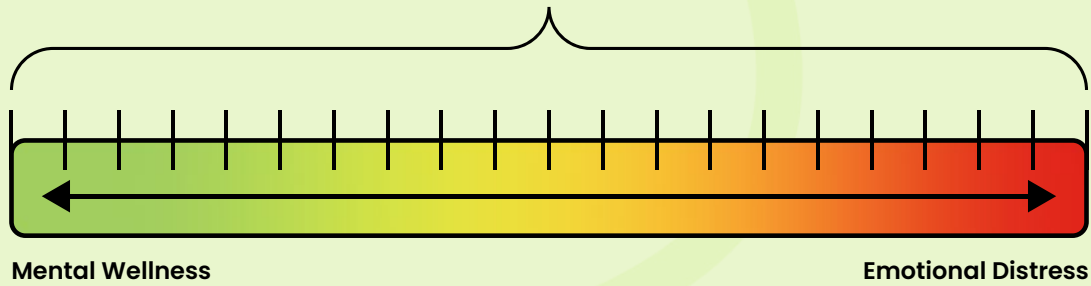


Mental Health Continuum



Green: The green zone is a state of mental wellness. Being in this zone doesn't mean being completely free from stress or worry. It means coping fairly well with the normal stresses and worries of life. A person in the green zone functions normally in terms of sleep, appetite and nutrition, physical activity, work patterns, and personal relationships.

In the green zone, you can maintain good mental health by taking care of yourself and connecting with others.

Yellow: Being in the yellow zone means being in an unsettled state of mind. A person may worry more or have more negative thoughts than usual. Their eating and sleeping habits may change, and they may have trouble focusing on work or other tasks.

In the yellow zone, you should act to restore your mental health by practicing self-care and connecting with family and friends. You may also want to think about talking to a professional.

Orange: Being in the orange zone means having a hard time coping with daily life. In this zone, a person may have trouble concentrating, may feel exhausted, and may experience moods so low that it seems hard to do anything well. They may sleep poorly or lose their appetite. Their work and personal relationships may suffer as a result.

In the orange zone, you should take immediate action by seeking professional help. Call a crisis line to talk with a trained counselor. Ask for support from family and friends.

Red: The red zone is the crisis zone. In this zone, a person experiences severe anxiety, depression, or suffering so intense that it becomes difficult to get through the day. They may struggle to eat, sleep, or practice basic hygiene. A person may experience so much emotional pain that it leads to thoughts of suicide or self-harm. The warning signs for suicide include sudden changes in mood, uncontrolled anger, reckless behavior, severe anxiety or agitation, feeling desperate or trapped, and having no sense of purpose.

In the red zone, you are in a state of emergency and need to get help now. Call the Suicide and Crisis Lifeline at 988 to talk with a trained counselor. Seek help from a mental health professional, doctor, counselor, or clergy member. Reach out to connect with family and friends—let them know you are in crisis and ask for their support. Take time right away to prioritize getting the help you need.

Determining where you or someone you care about falls on the mental health spectrum can **help you to catch problems early and take action to prevent things from getting worse.**



Get More Resources at: takeaction4mh.com

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Action**
FOR MENTAL HEALTH