

## Resources

Whether you're seeking immediate help or long-term support, these trusted resources are here for you.

### 988 Suicide & Crisis Lifeline

Call or text 988  
Chat at 988lifeline.org

The Suicide & Crisis Lifeline (988) offers 24/7 free and confidential assistance from trained counselors. Get support for yourself or learn how to help someone you're concerned about.

### CalHOPE Connect

Chat at calhopeconnect.org or call (833) 317-HOPE (4673)

A 24/7 non-emergency resource for anyone in California seeking mental and emotional support from trained support professionals.

### Crisis Text Line

Text HOME to 741741

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

### Further Reading

For a deeper understanding of the continuum of mental health, the resources below provide additional insights into emotional well-being, the interconnectedness of mental health states, and tools to support your mental health journey.

"[The Mental Health Continuum Model](#)," Human Focus. "[Atlas of the Heart: List of Emotions](#)," Brené Brown. "[The Feelings Wheel](#)," Calm. "[The Emotion Wheel](#)," Healthline. "[The Emotions Wheel](#)," Imagine Emotional Wellness.

### Teen Line

Call (800) 852-8336 (from 6 PM to 10 PM PT)

Text TEEN to 839863 (from 6 PM to 9 PM PT)

Offering anonymous support for teenagers by phone, text, or email. No problem is too small, too large, or too shocking for the trained Teen Line volunteers.

### The Trevor Lifeline

Call 866-488-7386

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to 2SLGBTQIA+ (two-spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, aromantic, and other identities) young people ages 13–24.



Funded by counties through the voter-approved Mental Health Services Act (Prop 63)



## The Continuum of You: A Tool for Understanding Your Mental Health Journey

SMALL STEPS  
EVERY DAY



TakeAction4MH.com

## Mental Health Is a Continuum

Mental health is dynamic, ever-changing, and unique to everyone. It exists on a continuum, meaning how you feel can shift throughout the day, week, or season. Wherever you find yourself — from times of calm and happy to moments of stress, anxiety, or overload — it's okay. This resource is here to help you better understand your mental health journey, reflect on where you are, and take meaningful steps forward.



### The Mental Health Continuum Wheel

This wheel is meant to help you reflect on how you're feeling and why. It's designed as a tool for identifying small, meaningful steps toward self-care or support, and is divided into three interconnected layers:

- **Core Mental Health States:** Broad states such as stress, calm, anxiety, and burnout.
- **Emotional Expressions:** Nuanced emotions like tension, restlessness, or hope.
- **Behavioral and Physical Indicators:** Observable signs like racing thoughts, fatigue, or steady breathing.

### How to use this resource:

1. **Locate yourself on the wheel:** Reflect on how you feel right now and find your starting point.
2. **Explore your emotions more deeply:** Use the layers of the wheel to better understand your mental state.
3. **Reflect and act:** Use the prompts and space provided to think about what you need and how to take the next step.

### Mental Health Across Diverse Experiences

Your mental health journey is shaped by your uniqueness. Access to resources like therapy or community support may feel within reach. Financial, cultural, or geographic barriers may complicate access to care. Wherever you are on your journey, it's important to recognize that no mental health state is "wrong" or permanent.

### Using This Resource Regularly

Mental health is fluid. It is helpful to revisit this tool whenever you feel the need to reflect, reset, or gain insight into your emotions. Small moments of reflection can build greater self-awareness and resilience over time.

## Understanding the Continuum of Mental Health



### Mental Health Is Dynamic

It's normal for mental health states to shift throughout the day or week. You might feel calm in the morning but stressed by the afternoon.

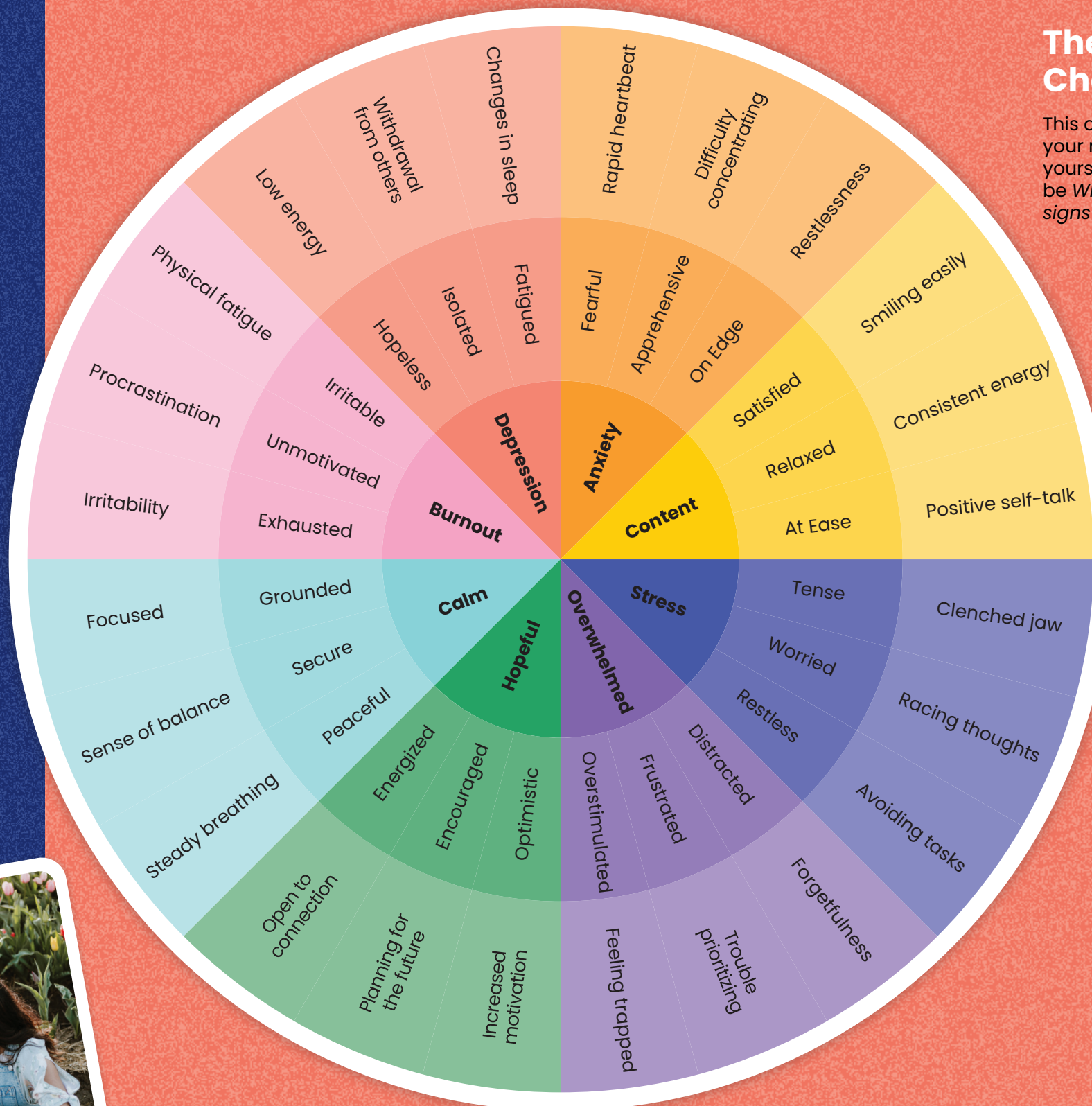
This wheel is a tool to check in with yourself and recognize these shifts without judgment. By regularly pausing to reflect, you can better understand what you're feeling, why you're feeling it, and how to care for yourself in the moment.

### Mental Health and Emotions Are Connected

Your emotions and physical experiences are powerful clues about your mental health. Fatigue or isolation might signal depression, while restlessness or difficulty concentrating could point to anxiety.

Understanding these connections can help you identify what's affecting your mental health and find effective ways to respond. If restlessness is connected to anxiety, a grounding activity like deep breathing might help. Reaching out to a trusted person for support can make a difference when you're feeling lonely, depressed or scared.

**"The continuum of mental health is fluid — it's okay for it to shift throughout the day, week or season."**



## The Continuum of You: Check In with Your Mental Health

This activity is designed to help you pause, reflect, and gain deeper awareness of your mental health. To use the Mental Health Continuum Wheel, start by asking yourself, *What am I experiencing right now?* Other questions to ask yourself could be *What emotions am I feeling at this moment?* and *What behaviors or physical signs am I noticing?*



### 1. Start with the Core Mental Health States

*The innermost ring represents your broad mental health states.*

Take a moment to pause and reflect. Begin with one of the broad categories at the center of the wheel. Are you feeling stressed, calm, anxious, or something else?

### 2. Explore Emotional Expressions

*The next layer expands on how these mental health states might feel emotionally.*

Move outward to identify the connected emotions. For example, if you're feeling stressed, do you notice tension or worry? If you're feeling calm, do you sense peace or groundedness?

### 3. Acknowledge Physical Indicators

*The outermost layer reflects how these mental health states might manifest physically or behaviorally, so you can connect emotions to actions.*

Look at the outermost layer to connect your emotions to any physical or behavioral signs you might be experiencing. Stress might show up as racing thoughts or avoiding tasks, while calm might feel like steady breathing or a sense of focus.

### 4. Reflect and Take Action

Once you've identified your state, ask yourself: *What does this tell me about my mental health needs?* Consider a small, meaningful step you can take to support yourself. For example:

- Taking a break or talking to a friend might help if you're feeling overwhelmed.
- Think about how you can build on this positive energy if you're feeling hopeful.

## Self-Reflection Space

This space is yours to pause, reflect, and connect with yourself. There's no right or wrong way to use it — just take a moment to write down your thoughts, no matter how big or small they may seem.

The Mental Health Continuum Wheel and this self-reflection space are tools you can revisit anytime you need. Coming back to these pages can help you stay connected to your mental health journey whether it's a calm morning or an overwhelming moment.

Use the prompts below to guide your reflection and identify steps that feel right for you:

### What is one small action I can take today to care for my mental health?

(Example: Taking a short walk, drinking water, or setting boundaries for my time.)

### What do I want to carry with me into tomorrow or the week ahead?

(Example: A positive mindset, a lesson learned, or a feeling of gratitude.)

### Who or what can I reach out to for support if I need it?

(Example: A friend, family member, Peer Support Specialist, therapist, or a helpline.)

