

Checking in with the Mental Health Continuum

Take care of your mental health by using the continuum to monitor your responses and know what actions to take if you need extra support.



Coping

- Feeling like yourself, resilient and generally able to manage day-to-day tasks
- Able to focus, concentrate and maintain a routine
- **ACTION:** keep checking in with yourself, prioritise self-care and stay connected.

Reacting

- Overwhelmed, stressed, demotivated and/or burnt out
- Finding it difficult to focus, increasingly frustrated and/or withdrawn
- **ACTION:** Reach out to a trusted friend, colleague or contact a support service (see below).

Not Coping

- Excessively distressed, anxious, hopeless and/or numb
- Unable to concentrate or cope with day-to-day tasks
- **ACTION:** Seek professional help from your GP, counsellor, psychologist, or support services.



Support services

- Beyond Blue: 1800 512 348
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- Carers Australia: 1800 242 636
- COVID-19 Telehealth Services