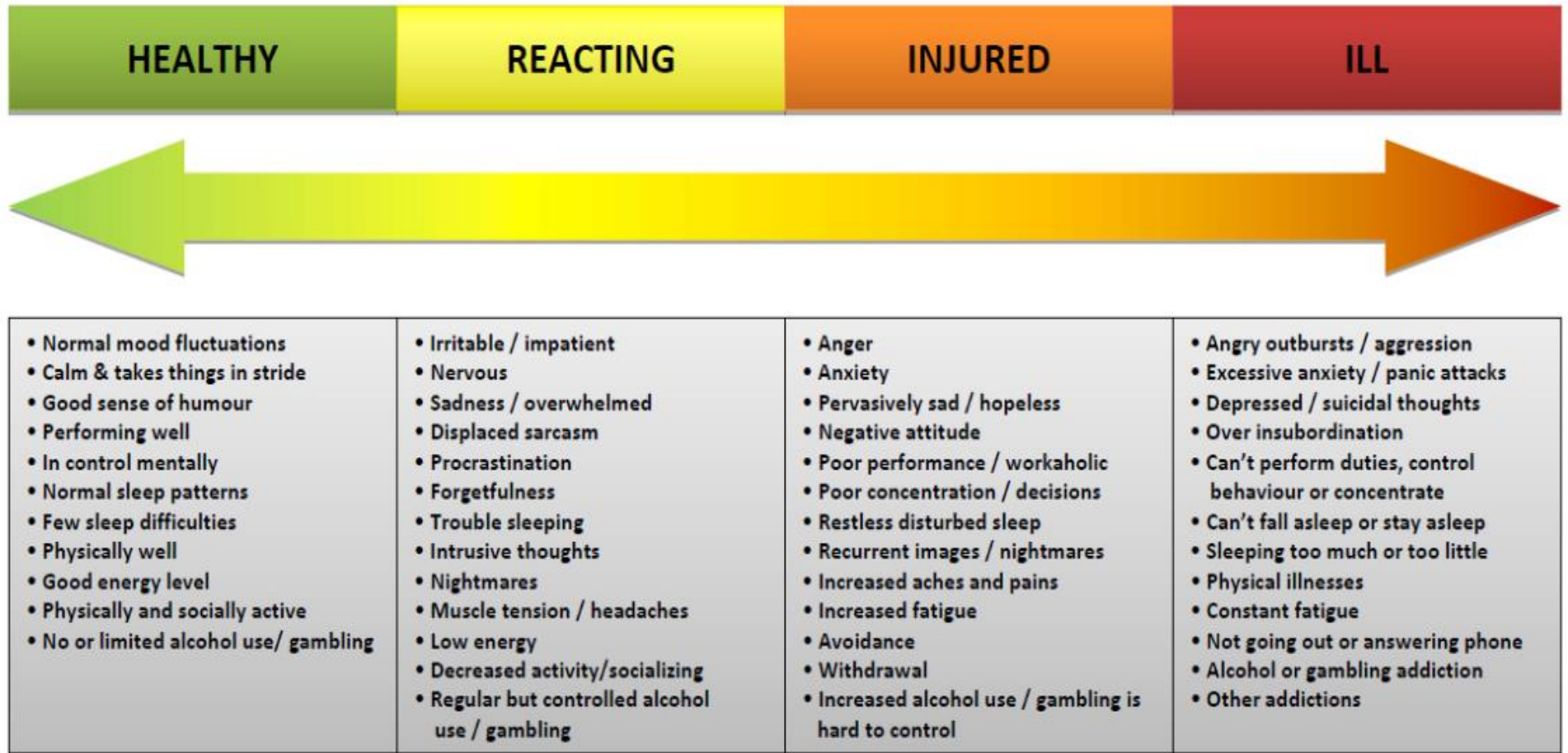


This model recognizes that mental health is not black and white. The model goes from healthy, adaptive coping (green), through mild and reversible distress or functional impairment (yellow), to more severe, persistent injury or impairment (orange), to clinical illnesses and disorders requiring more concentrated medical care (red).

Mental Health Continuum Model



The arrows under the four color blocks denote the fact that this is a continuum, with movement in both directions along the continuum, indicating that there is always the possibility for a return to full health and functioning. In this way, no one is 'written off' simply because they are showing symptoms of an illness, or are being treated for a disorder or disease. There is also a recognition that the earlier that intervention of some sort is provided, the easier it is to return to full health and functioning (green).