



The Mental Health Continuum

for UBC Okanagan Students

Scan to discover steps you can take and explore UBC resources.



The Mental Health Continuum Model is a practical tool that helps students understand their current mental health status at any given moment. By recognizing signs of thriving, surviving, struggling, or being in crisis, students can identify what kinds of resources or strategies will be most helpful—whether that's building healthy habits, reaching out to peers, connecting with campus supports, or seeking professional care.

THRIVING

- Typical mood, energy, and sleep patterns
- Steady school performance and usual social interactions
- Living well in recovery from illness or addiction.
- Student life feels like a challenge but not overwhelming.
- Emotions have ups and downs

SURVIVING

- Nervousness, irritability, difficulty concentrating.
- Low energy, muscle tension, headaches.
- Procrastination, missed deadlines.
- Increased substance use or addictive behaviours.

STRUGGLING

- Worry, anger, prolonged sadness, changes in overall health.
- Fatigue, lower performance.
- Negative attitude, increased conflict, more work absences.

IN CRISIS

- Excessive anxiety, emotional outbursts, destructive behaviour (to self or others).
- Suicidal thoughts or intentions.
- Exhaustion, burnout, frequently missing classes, isolation.
- Dependence on substances or addictive behaviours.

Actions to take

- Improve your mental health literacy through education and programs.
- Find support networks.
- Explore and use campus services.
- Know your limits, boundaries and needs.
- Learn and practice self-care techniques.

- Access programs on campus that support you.
- Learn and practice healthy coping strategies
- Identify and reduce stressors where possible.
- Talk to your professor or TA about strategies they might suggest.
- Prioritize self-care strategies as much as you are able.

- Use wellbeing and mental health supports like counselling.
- Recognize signs of distress and seek support from health care providers.
- Talk to a trusted friend for social support.
- Access the Disability Resource Centre for accommodations.
- Seek consultation and support from Academic Advising if you need concessions.

- **Professional help is needed.** Connect with mental health crisis supports.
- Consider taking time off.
- Follow health care provider recommendations.

Self-Care

Professional Care

Actions to take. Resources for you!

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UBC Okanagan Students



THRIVING	SURVIVING	STRUGGLING	IN CRISIS
<p>Improve your mental health literacy.</p> <ul style="list-style-type: none"> Participate in workshops offered in Picnic or Yoga for Mental Wellness. <p>Stay Active</p> <ul style="list-style-type: none"> Participate in UBC Fitness and Recreation activities! https://recreation.ok.ubc.ca/fitness-programs/ <p>Build rest and recovery time into your schedule</p> <p>Learn and practice time management skills</p> <p>Volunteer and serve your community.</p> <p>Practice spiritual wellness (walks in nature, prayer, meditation)</p> <ul style="list-style-type: none"> faith.spirituality@ubc.ca <p>Eat nutritious food</p> <ul style="list-style-type: none"> Participate in the food skills workshops at Picnic. <p>Register for the Wellness Centre online.</p> <ul style="list-style-type: none"> Learn about stress management techniques, protecting your sexual health and getting what you want from substances. 	<p>Learn a new coping strategy</p> <ul style="list-style-type: none"> Participate in a group like Ymind, or the Grief and Loss Circle. <p>Try to get active</p> <ul style="list-style-type: none"> Go for a walk on campus trails. <p>Access trusted online resources like Foundry BC.</p> <ul style="list-style-type: none"> Check out https://foundrybc.ca/info-tools/ <p>Seek Connection</p> <ul style="list-style-type: none"> Staying connected is critical for your mental health. Join a club or course union, go to Picnic for a community meal, call a trusted friend from home. Learn about identity based groups such as the Pride Resource Centre. <p>Learn about sleep!</p> <ul style="list-style-type: none"> Sleeping well is one of the most protective things you can do for your mental health. <p>Focus on your academic wellness!</p> <ul style="list-style-type: none"> Access programs through the Student Learning Hub <p>Access accommodations and support for disabilities</p> <ul style="list-style-type: none"> drc.questions@ubc.ca <p>Get support for your financial wellness.</p> <ul style="list-style-type: none"> https://students.ok.ubc.ca/finances 	<p>Contact Student Counselling Services</p> <ul style="list-style-type: none"> students.ok.ubc.ca/counselling 250-807-9270 <p>Visit the Student Health Clinic</p> <ul style="list-style-type: none"> students.ok.ubc.ca/clinic 250-807-9270 <p>Utilize 24/7 care options</p> <ul style="list-style-type: none"> www.here2talk.ca 1-877-857-3397 <p>Explore your relationship with substances.</p> <ul style="list-style-type: none"> Visit UBCO Reduction and Recovery Peer Groups Access harm reduction services like drug checking and naloxone training. https://campuswellness.ok.ubc.ca/what-we-do/drugs-alcohol/ <p>Get support from the Sexual Violence Prevention and Response Office.</p> <ul style="list-style-type: none"> Confidential support and advocacy. svpro.ok.ubc.ca 250-807-9640 <p>Contact an advocate/ombudsperson</p> <ul style="list-style-type: none"> Independent, confidential, and impartial support. ombudsoffice.ubc.ca <p>Equity & Inclusion Office</p> <ul style="list-style-type: none"> Concerns about human rights. equity.ok.ubc.ca 	<p>Call a Crisis Line</p> <ul style="list-style-type: none"> Dial 9 - 8 - 8 <p>Mental Health Support Line</p> <ul style="list-style-type: none"> 310-6789 (no area code) <p>Contact Student Counselling Services</p> <ul style="list-style-type: none"> students.ok.ubc.ca/counselling 250-807-9270 <p>Call Campus Security if you are unsafe.</p> <ul style="list-style-type: none"> 250-807-8111 <p>Access Interior Health Mental Health and Substance Use Services.</p> <ul style="list-style-type: none"> Call 310-MHSU (6478) <p>Feel like you cannot keep yourself safe?</p> <ul style="list-style-type: none"> Dial 9 - 1 - 1 Or go directly to Kelowna General Hospital Emergency Department.