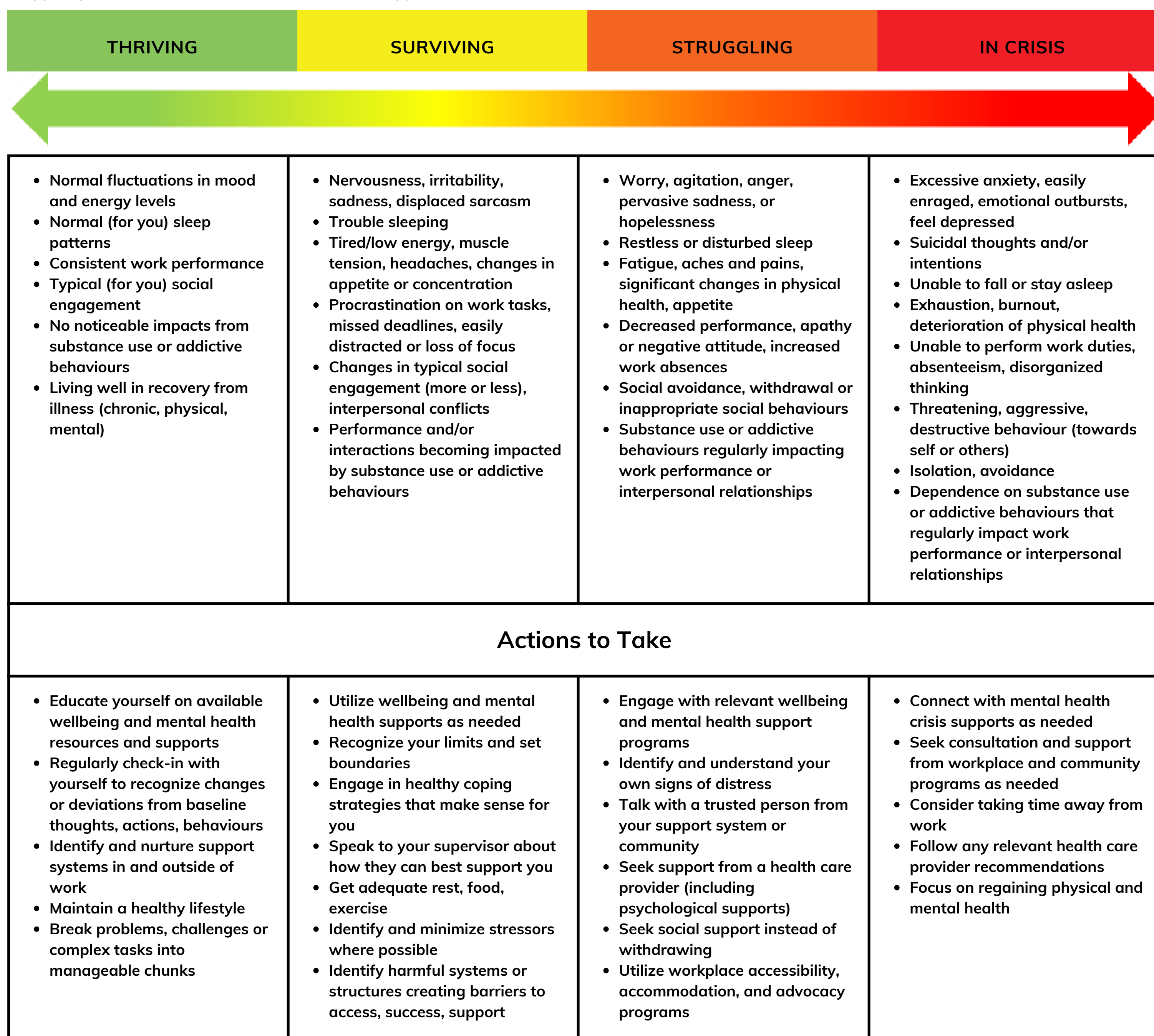




The Mental Health Continuum - for Faculty and Staff

Mental health can fluctuate based on unique circumstances, life events, choices and/or behaviors, all of which may be within or outside of our control. The Mental Health Continuum Model recognizes the wide range of mental and physical health challenges that may impact a person's life. The Continuum's bi-directional arrows highlight that mental health is not static or linear but fluctuates over time. Regardless of where we find ourselves on the Mental Health Continuum, there is always the possibility of returning to full health. Generally, the earlier support is accessed or provided, the easier it is to move from away from Crisis to Thriving (The Mental Health Commission of Canada).

This is not a diagnostic tool, but can be used to reflect on your own mental health. Becoming familiar with the warning signs and indicators of mental health problems or mental illness, as well as the skills and resources associated with each phase of the continuum, can help you to be better equipped to support your mental health or to reach out for support.



UBC Vancouver and Okanagan programs and resources to support wellbeing and mental health across the Continuum.



Description	Education, training, programs, and supports to build wellbeing knowledge, mental health literacy, and psychologically safer workplaces at UBC.	Information and services to help faculty and staff navigate mental health challenges, accessibility, or disability in the workplace.	
UBC Programs, services & resources	Faculty and Staff Mental Health Resources		
	Employee and Family Assistance Program		
	Employee Benefits including Life Events and Provisions for Psychological Services		
	Respectful Dialogue Guide		
	Centre for Workplace Accessibility	Long Term Disability	
	Sexual Violence Prevention & Response Offices: Vancouver and Okanagan		
	Wellbeing workshops and courses	Assisting Colleagues in Distress (UBC's Orange Folder)	
	Workplace wellbeing services - Vancouver and Okanagan	Stay at Work/Return to Work - Vancouver and WRAP - Okanagan	
	Identity-based connection and support	Human Rights Advising	
	Vacation and Leaves	Paid Sick Leave and Unpaid Sick Leave	
	Child care services: Vancouver and Okanagan		
	Ergonomics – training and workshops	Ergonomic Assessments: Vancouver and Okanagan	
	Not Myself Today - an anti-stigma initiative		
	Small grants - e.g. Healthy Workplace Initiatives Program and Wellbeing Strategic Initiatives Fund		
	UBC Thrive - mental health literacy awareness campaign		
	Travelling Health Fair - Vancouver only		
	Recreation Opportunities - e.g. lunchtime walks, facilitated movement breaks		
	Faculty and Staff Sports Day: Vancouver and Okanagan		
	Pick Your Peak Stair Challenge		
	Career Development at UBC - courses and training		
Tuition Waivers			
Healthy UBC Newsletter			
Volunteer opportunities - UBC's United Way Campaign: Vancouver and Okanagan			