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What is

Mental Health?

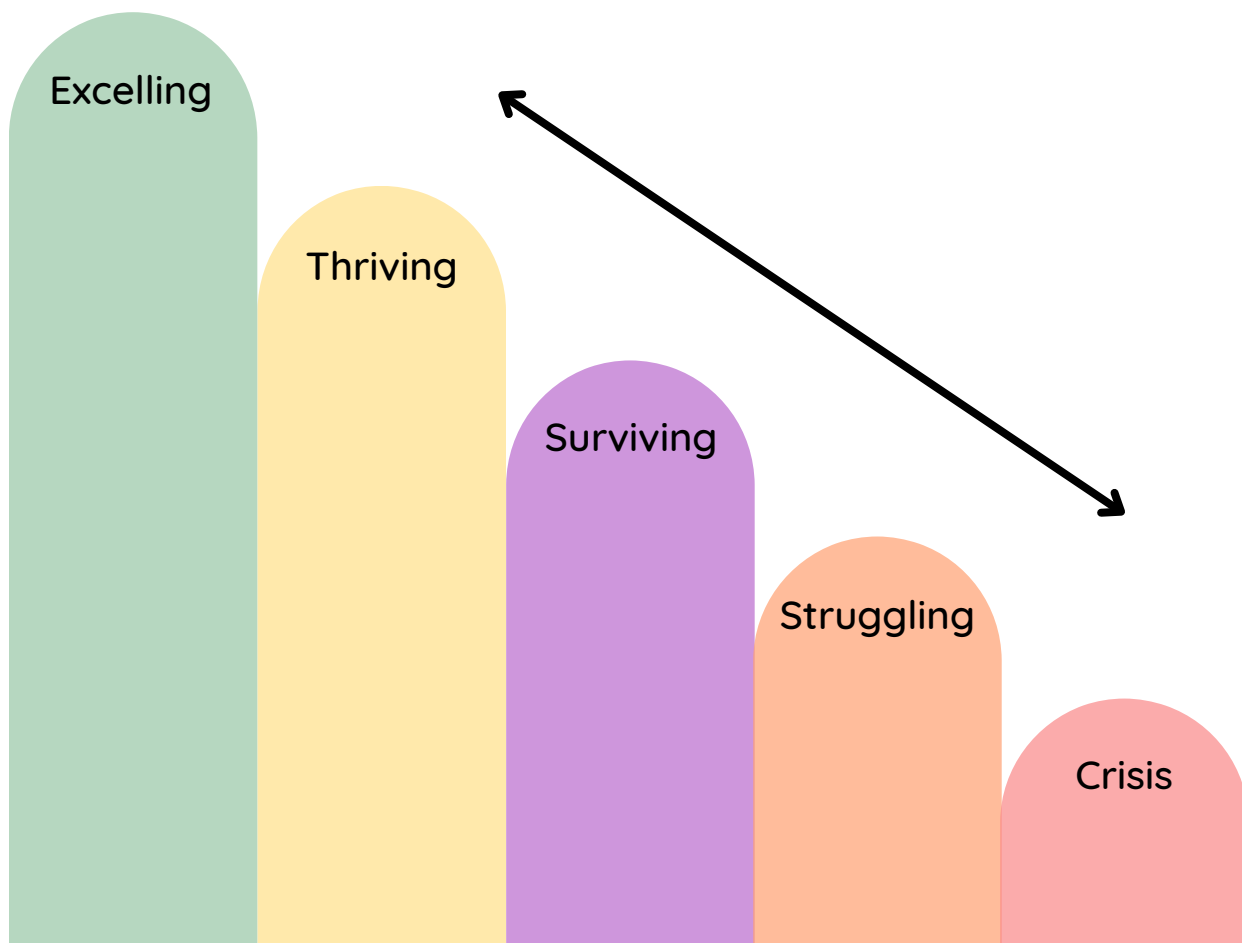
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Complicated continuum of experience from positive to negative.

Everyone will inhabit different parts of this spectrum at different stages of their lives.

We strive to inhabit this 'positive' end of the spectrum

Here we are able to function, cope and thrive.¹



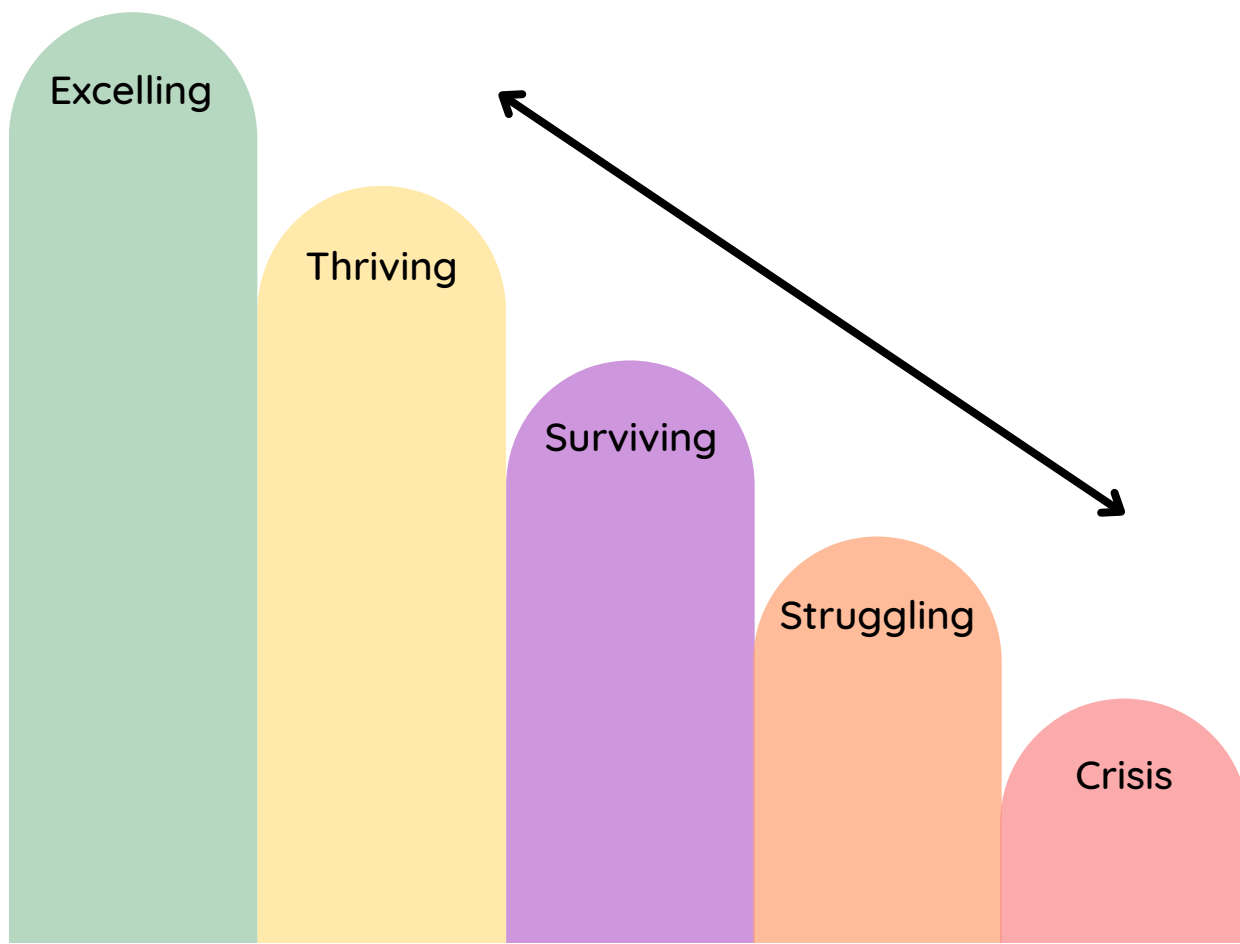
What is
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If you are sitting at the negative end of the spectrum you will be experiencing poor mental health.

This might indicate a mental health problem.
But not always.

People with a diagnosis of a mental health problem are more likely to find themselves in the negative end of this spectrum.

But not always.¹





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What is

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There are lots of experiences that can be a positive or negative influence on our mental health, related to the self, personal connections, and society.

These affect where we sit on the mental health continuum.¹



1. World Health Organization. (2022). *World Mental Health Report: Transforming mental health for all*. World Health Organization. Retrieved from <https://www.who.int/publications/i/item/9789240049338>