

Mental Health Continuum: A Quick Guide for Healthcare Providers and Caregivers

● GREEN – Healthy

You are coping well and feeling balanced.

Common signs	Actions to take
<ul style="list-style-type: none"> • Engaged and focused • Managing daily demands • Sleeping and resting well • Feeling connected to others • Able to make decisions and function effectively 	<ul style="list-style-type: none"> • Maintain healthy routines • Prioritize sleep, movement and nutrition • Stay connected with supportive people • Keep boundaries and recovery time between shifts • Continue regular self-check-ins

● YELLOW – Reacting

Stress is increasing but can often be addressed early.

Common signs	Actions to take
<ul style="list-style-type: none"> • Feeling more tired or irritable • Trouble sleeping sometimes • Mentally drained after work • Tasks take more effort • Harder to relax or switch off 	<ul style="list-style-type: none"> • Slow down and notice the signs • Get extra rest and recovery time • Use coping strategies that work for you • Check in with a trusted colleague, friend or supervisor • Reduce or address stressors where possible.

● ORANGE – Injured

Stress is becoming more serious and lasting longer.

Common signs	Actions to take
<ul style="list-style-type: none"> • Ongoing exhaustion • Trouble concentrating • Feeling disconnected or withdrawn • Increased negativity or loss of meaning • Work stress affecting home life 	<ul style="list-style-type: none"> • Acknowledge that more support may be needed • Talk with someone you trust • Seek peer or supervisor support • Review workload and boundaries • Consider counselling or professional support early

● RED – Ill

Mental health concerns are strongly affecting daily functioning.

Common signs	Actions to take
<ul style="list-style-type: none"> • Ongoing anxiety or low mood • Feeling overwhelmed or numb • Difficulty functioning day-to-day • Struggling to continue without support • Significant distress or inability to cope 	<ul style="list-style-type: none"> • Reach out for professional help • Talk with a healthcare provider or counsellor • Access crisis or mental health supports if needed • Consider rest or time away from work • Do not manage this alone

Remember: Moving between zones is normal. The goal is not to stay in Green all the time—it is to notice changes early and take action before stress becomes overwhelming.