

TIM Youth Mental Health Continuum Tool

As you move from the left (green) toward the right (red) of the Continuum, you may notice changes in each of these areas. The dotted lines across the four colour zones indicate that some people may experience a linear progression (i.e., from regular-occasional-frequent to excessive) from healthy to ill but not everyone will experience it this way.

This is not a one-size-fits-all tool so everyone will experience these changes differently.

	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	Calm/Content	Occasional nervousness	Feelings of anxiety	Excessive anxiety/panic
	Self-confident	Occasionally experience self-doubt, and sadness	Loss of self-confidence, persistent sadness	Feelings of depression, numbness, or apathy
	Healthy Mood Changes	Irritable/Impatient	Frequent feelings of anger	Severe anger and rageful feelings
Changes in Thinking and Attitude	Good sense of humour and optimistic	Change in your typical sense of humour	Frequent inappropriate and/or no sense of humour	Severe pessimism and hopelessness
	Healthy attitude and thinking patterns	Occasional focus on negative thoughts	Frequent focus on negative thoughts	Obsessive focus on negative thoughts and/or suicidal thoughts
	Can concentrate and focus on tasks (homework, reading a book, job tasks, home chores)	Occasionally distracted or losing focus	Frequently distracted or losing focus	Unable to concentrate, difficulty thinking or loss of memory
Changes in Behaviour and Performance	Able to cope and handle demands or priorities	Some difficulty and/or procrastination	Frequently unable to cope	Feeling totally overwhelmed or unable to function
	Healthy physical activity and socializing with friends/family	Decreased physical activity and socializing	Often avoid physical activity and socializing	Isolate or withdraw from physical activity and socializing
	Completes tasks (schoolwork, work tasks, and/or extra-curriculars)	Some difficulty completing tasks	Frequent issues completing tasks	Unable to complete tasks
Physical Changes	Physically present and engaged (school, work, home, and social activities)	Present but less engaged	Frequently absent, or not engaged	Absent from school, work, home, and social activities
	Healthy sleep patterns	Occasional trouble sleeping	Frequent trouble sleeping	Unable to fall/stay asleep
	Healthy appetite	Some change in appetite	Frequent change in appetite and/or noticeable weight change	Excessive change in appetite and/or drastic weight change
Changes in Substance Use and Addictive Behaviours	Feeling energetic	Occasional lack of energy	Frequently tired	Always physically exhausted
	Good personal hygiene	Occasional neglect	Frequent neglect	Unable to maintain hygiene
	No engagement with substances (alcohol, smoking, vaping, cannabis)	Experimenting with substances	Increased engagement	Unable to control use of substances
	Responsible engagement (gaming, social media use, shopping)	Increased engagement	Struggle to control engagement	Unable to control engagement
	No negative impact on areas of life (school, health, finances)	Occasional negative impact	Frequent negative impact	Serious negative impact

ACTIONS TO TAKE

All good. Continue practicing self-care.	Check in... be aware!	Definitely talk to an adult about what's going on.	Get help NOW! This is serious.
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