

# Dual continuum model

Source: School Mental Health ASSIST

- You can experience a mental illness and mental well-being at the same time.
- Many mental health problems are long-standing or relapsing.
- Early interventions and coping/support are key.

## High mental health

(Appears as the top half of a circular graphic)

Within the High mental health area:

- Flourishing and Mental Illness
- Flourishing

## Low mental health

(Appears as the bottom half of a circular graphic)

Within the Low mental health area:

- Languishing and Mental Illness
- Languishing

## High mental illness

(Appears as the left-hand half of a circular graphic)

Within the High mental illness area:

- Flourishing and Mental Illness
- Languishing and Mental Illness
- Moderate Mental Health and Mental Illness

## Low mental illness

(Appears as the right-hand half of a circular graphic)

Within the High mental illness area:

- Flourishing
- Languishing
- Moderate Mental Health



**LET'S TALK**  
In the Classroom

Gr.  
7 & 8

A guide to preparing for the program, "Let's Talk: Finding Reliable Mental Health Information and Resources"