

### Continuum of Mental Health

	Healthy (Normative)	Reacting (Common/Reversible)	Injured (Significant Impairment, but return to functioning)	Severe/ Persistent Impairment
EXAMPLES	Nervous about transition to college, worried about academic and social adjustment	Loss of romantic relationship upon transition to college. Anxiety about challenging courses First failing grade Identity Exploration	Ex. Traumatic losses or experiences, recurring depression or other diagnosed d/o in active state. Stable history of functioning, but reacting to event or episode that impacts functioning at some level.	Complex Trauma, Psychosis: Unable to engage or function safely and independently in the college environment. Chronic functional impairment. Maybe accompanied by significantly disruptive life environments
Signs and Symptoms	Fleeting anxious mood that dissipates when engaged, some temporary disruption in sleep or appetite, feelings of self-doubt	Tearfulness, some mild to moderate or transient physical distress (sleep, appetite, GI, somatic symptoms), irritability, symptoms relieve when provided with support, or with time	Significant and persistent impairment in functioning and/or mood including cognitive - response to specified trigger or trauma. Able to maintain safety .and utilize treatment	Threat to self or others, inability to live in community, unable to provide for basic sustaining activities, enter into basic social exchange/contracts loss of touch with reality
HELPING POSTURE	Informal CONNECT Self Help Community Supports Coping Family/Friends	Supportive Listening Offer Resources Supportive Services Self-Care Skill Building	Time Out and Refer for further assessment and likely course of treatment Significant Functional Impairment	Identify and Get Immediate Intervention. High Risk Multidisciplinary intensive treatment Contained and monitored setting
RESOURCES	Faculty <a href="#">Advisors</a> <a href="#">Student Activities</a> <a href="#">Religious Communities</a> Study Groups <a href="#">Sports/Exercise</a> Internet Resources <a href="#">Cultural Centers</a> FYE	Drop In Consultation at <a href="#">CMHS Academic Achievement Ctr</a> <a href="#">Tutoring</a> <a href="#">Residential Life</a> <a href="#">Yoga for Stress Reduction</a> Referral to <a href="#">SHS</a> <a href="#">Nutrition Services</a>	<a href="#">Dean Of Students Office</a> <a href="#">Center for Students with Disabilities</a> <a href="#">CMHS</a> <a href="#">SHS</a> Referral for treatment	911 <a href="#">CMHS</a> <a href="#">Community Standards</a> <a href="#">CARE Team</a>