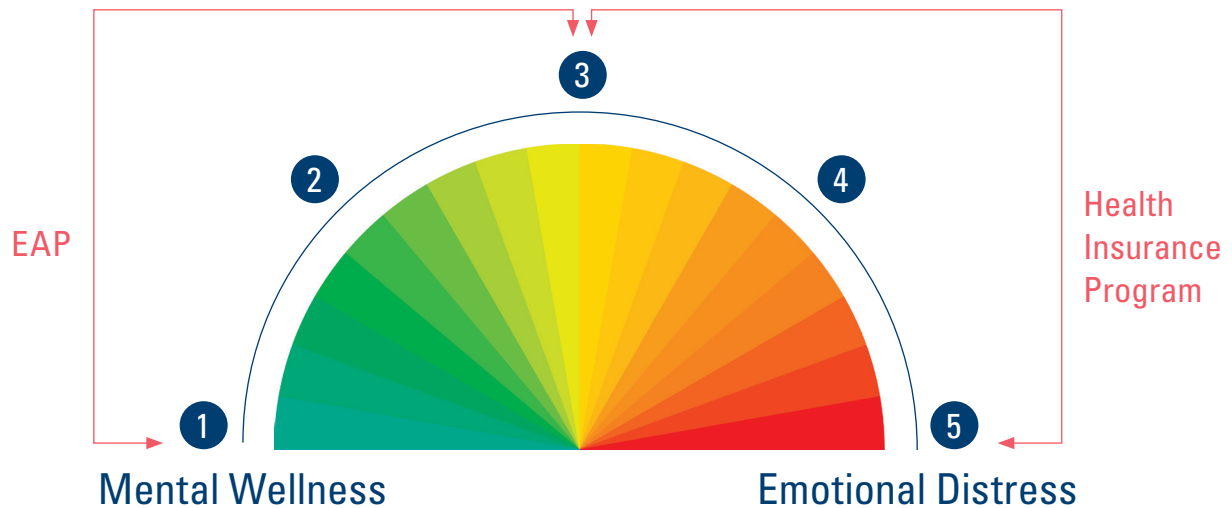


# What is the mental health spectrum, and where am I?



## 1. Learning and Self-assessment

- Has my level of stress/anxiety changed recently?
- Am I engaging in healthy coping strategies?
- Are my relationships suffering in my personal and professional life?

## 2. Preventative Care

- I'm practicing self-care and stress management
- I'm connecting with others
- I'm maintaining good sleep habits

## 3. Short-term support

- I'm ready to take action
- I'm looking for support from a professional

## 4. Ongoing care/maintenance

- I'm receiving care from the right providers to treat my mental health needs
- I'm receiving help with managing my depression and/or anxiety
- I may need medication and/or assistance taking my medication

## 5. Immediate Care

- I'm in emotional distress and need crisis support
- I'm struggling to function in my day-to-day life
- I'm experiencing severe anxiety and/or depression



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