Be You Mental Health Continuum

Mental health exists on a continuum. We can all move back and forth along this scale based on factors including our individual differences, life experiences, backgrounds, cultural safety, stressors and support systems.

This snapshot can help you remember what each zone represents.

It's not an educator's role to diagnose children or young people.

However, you are in a position to notice changes in emotions and behaviour. If you are concerned about a child or young person, you can use the Be You BETLS Observation Tool and Mental Health Continuum to consider whether they may benefit from additional support.

At one end of the continuum is **Flourishing**. People in this zone:

- feel good and function well
- have safe, supportive relationships with others
- have the capacity to meaningfully participate in all aspects of their life.

When exposed to life challenges and stress, people may start to move towards the **Going OK** zone. People in this zone:

- function appropriately when their environment supports them to do so
- don't experience frequent or significant feelings of distress.

In the **Struggling** zone, people might have more obvious but time-limited periods of feeling distressed.

Monitoring and providing support for people in this range can assist with more positive mental health and wellbeing outcomes.

People on the far right-hand side of the continuum can have thoughts, feelings and behaviours that are distressing and **Severely impact their activities.** They may need tailored support. Children and young people, in particular, may need support from adults to move out of this zone, as they may not have the learnt regulation skills to be able to do this independently.

Learn more at beyou.edu.au

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In collaboration with Early Childhood Australia, headspace

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