

# TOUGH TALK TOOLKIT



## 4 STATES OF MENTAL HEALTH

Use this tool to identify your current state of mental health.

Our mental health is like physical health. We can move from being physically unwell, to struggling with our fitness, to recovering fitness, to becoming a highly fit person who is thriving. Sometimes something can happen that can shift our state of health and we may need support.



Wellbeing is when our mental health is high. It is generally accompanied by feelings of fulfillment, purpose, etc. We can have high wellbeing, but still experience symptoms of mental illness caused by worry, grief, hormonal change, societal struggle, etc. Mental illness symptoms are the signals that something is affecting our mental health, e.g., an ongoing feeling of fatigue from a lack of purpose. Mental illness symptoms are not necessarily telling us that something is wrong with us biologically - for instance, they can be caused by challenging experiences.