THE CONTINUUM

CHARLOTTE WISEMAN

No absolutes

The continuum...

High mental health = mental fitness

A person with a diagnosis of a serious mental illness but who copes well and has positive mental health

A person with no mental illness or disorder and positive mental health

Severe diagnosis of illness

STIGMA

STIGMA

STIGMA

No diagnosis of illness

A person with a diagnosis of a serious mental illness and who has poor mental health

A person with no diagnosed mental illness or disorder but who has poor mental health

Low mental health

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