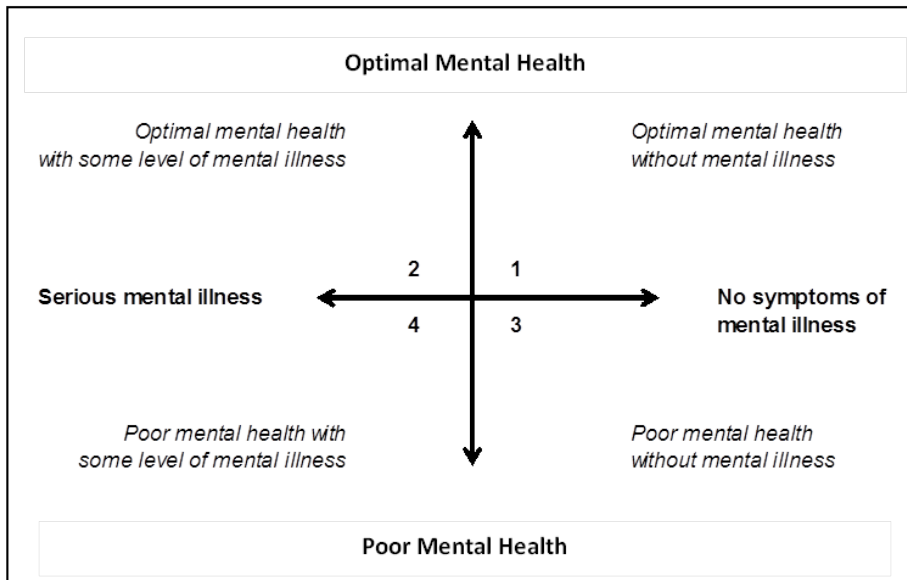


## Supporting Document 1: Dual Continuum of Mental Health and Mental Illness



Adapted from Health & Welfare Canada (1988) and Keyes (2002) and Toronto Public Health (2013)

**Quadrant 1:** Represents those experiencing good mental health and an absence of mental illness. While working with clients in this quadrant staff can support the positive mental health that is already occurring by encouraging the maintenance of health promoting behaviours that support overall physical and mental health.

**Quadrant 2:** Represents people that have symptoms of mental illness but still experience good mental health: i.e. they are coping, have social support, feel empowered, report a good quality of life and are able to participate in activities that help to manage their mental illness. In this quadrant, individuals are experiencing positive mental health even though they are dealing with mental illness. OPH staff who work with individuals in this quadrant have a responsibility to support the maintenance of mental health promoting behaviours, such as meaningful employment, education, social inclusion, and community engagement and promote mental health literacy through the programs and services they provide.

Quadrant 3: Represents people who are experiencing poor mental health or difficulty coping because of situational factors, although they do not have symptoms of mental illness. These clients may not be experiencing symptoms of mental illness; however, they are having difficulties coping and experience poor mental health as a result. OPH staff has expertise in promoting health and resilience with vulnerable populations and communities, and through this work are promoting mental health. Some OPH clients have a number of risk factors that contribute to poor physical and mental health. The role of OPH staff is to support these clients to engage in mental health promoting behaviors, such as connecting with community supports, accessing employment services, or participating in OPH programs and services that foster positive mental health.

Quadrant 4: Represents people who have symptoms of mental illness including addictions, are experiencing poor mental health and having difficulty coping. The role of OPH staff in this situation is to provide the client with the appropriate public health service and help them connect to other services, including appropriate mental health or addiction services.

