

# The Mental Health Continuum & The Menopause

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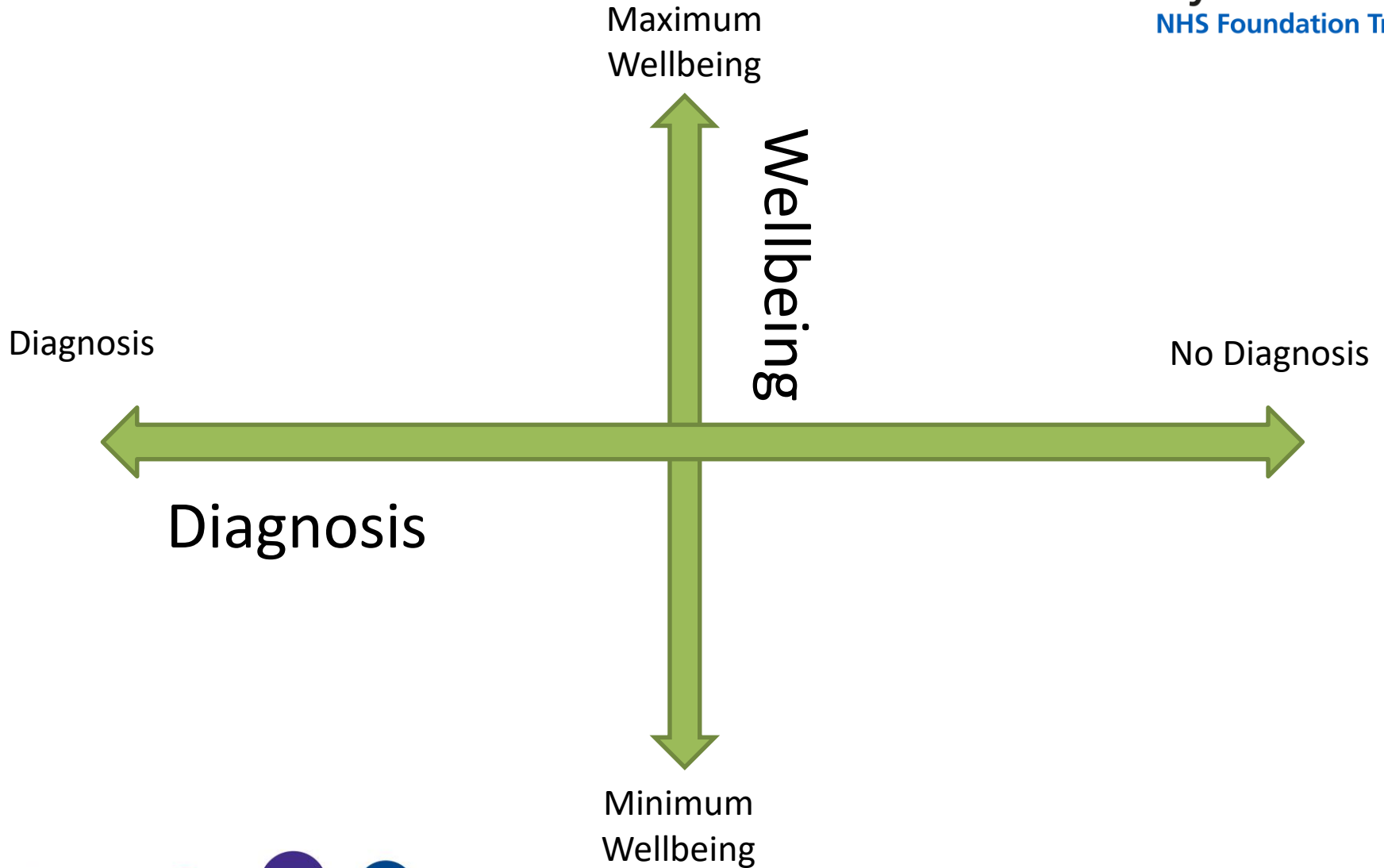
[bchft.mhfaenquiries@nhs.net](mailto:bchft.mhfaenquiries@nhs.net)



# Mental Health Continuum



Black Country Healthcare  
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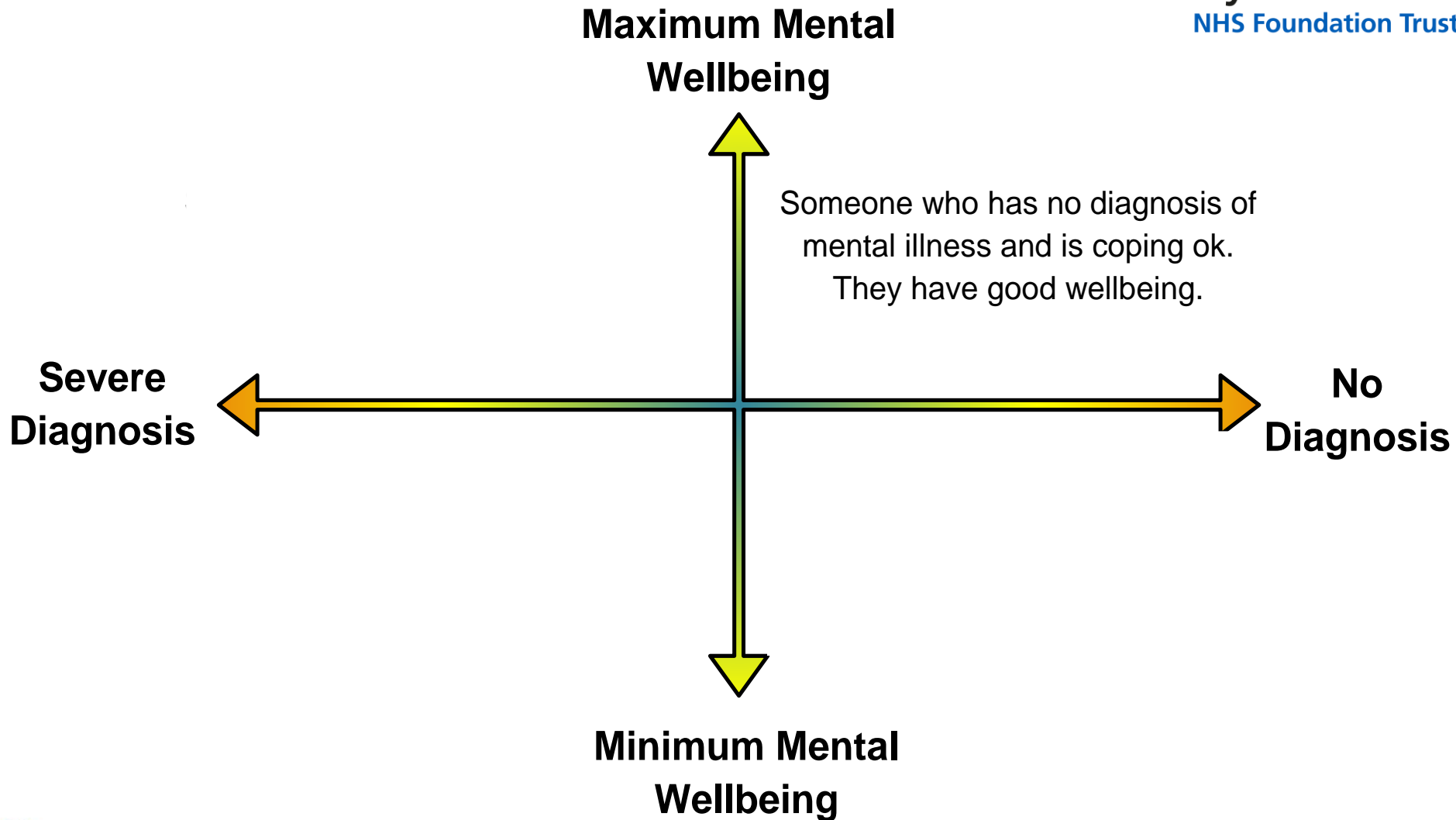


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# Mental Health Continuum

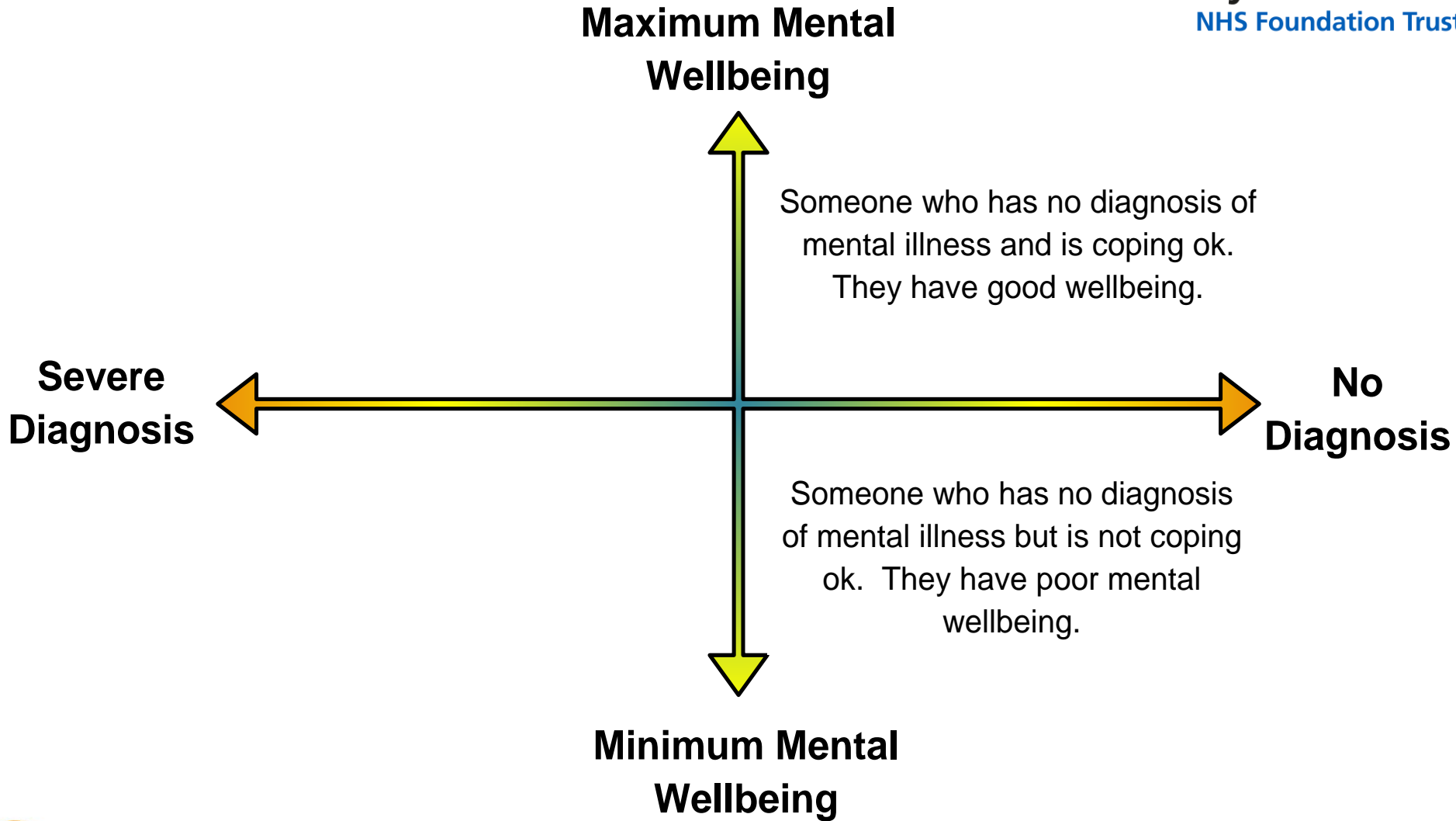


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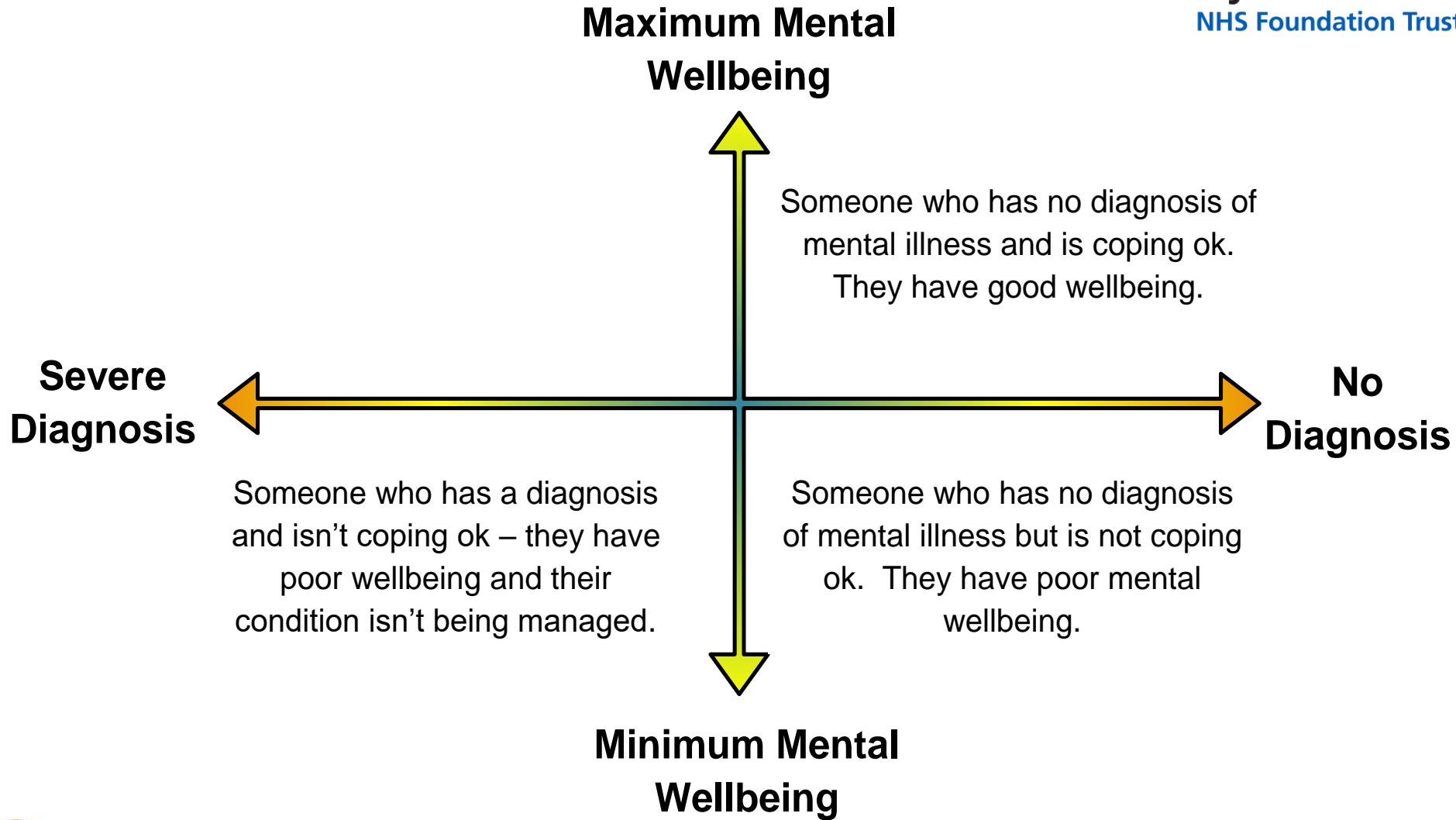
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# Mental Health Continuum



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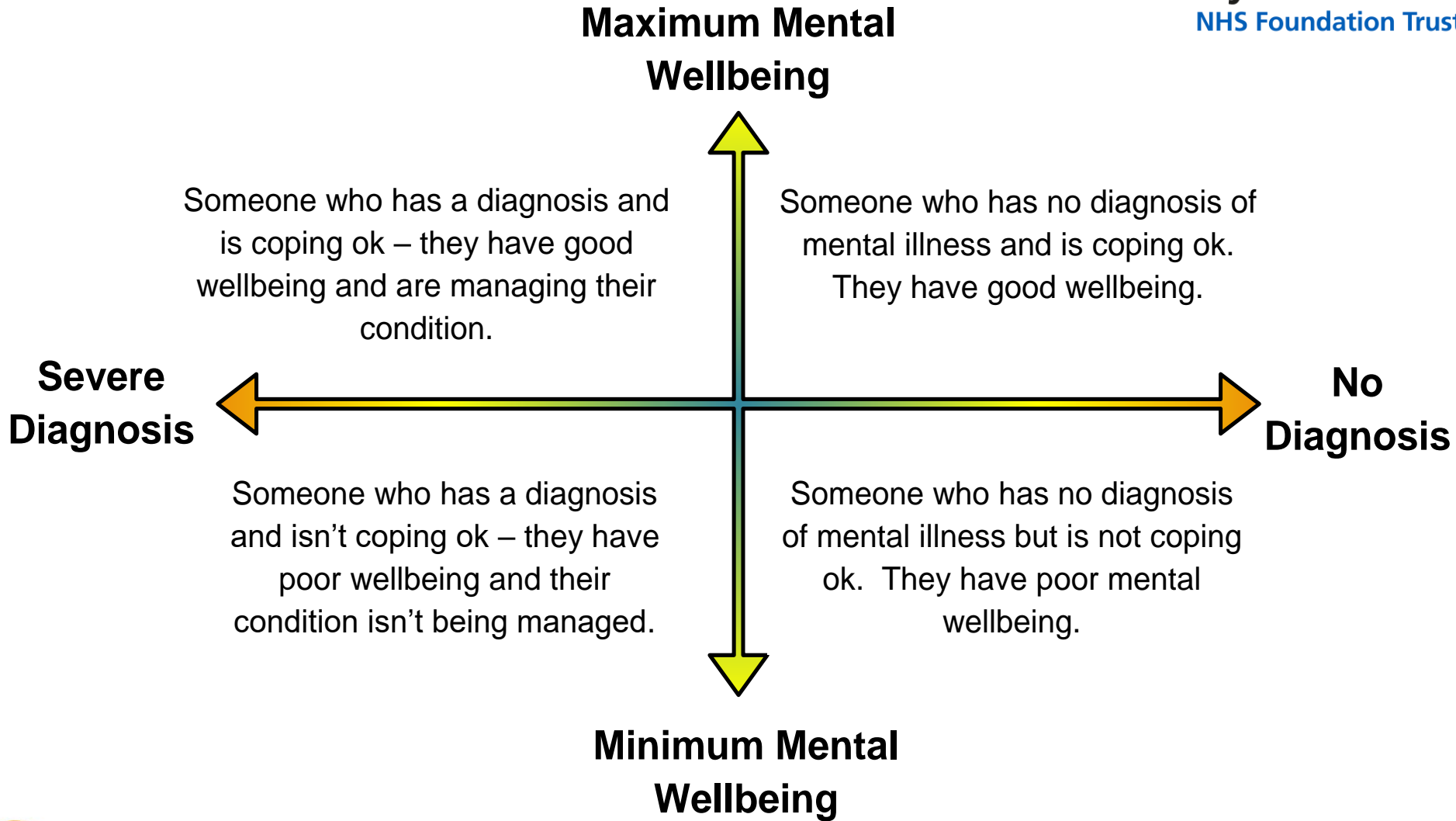


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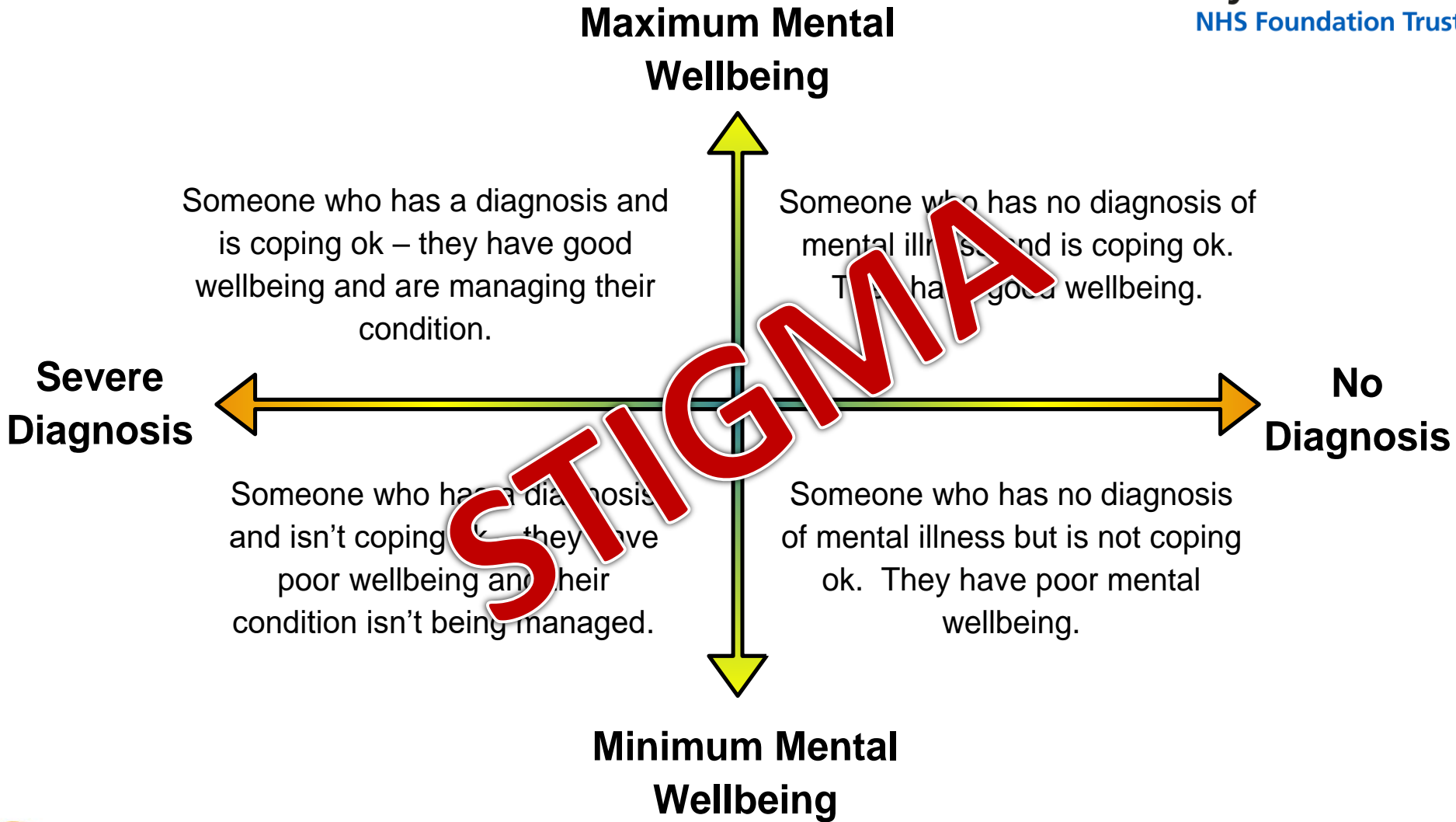


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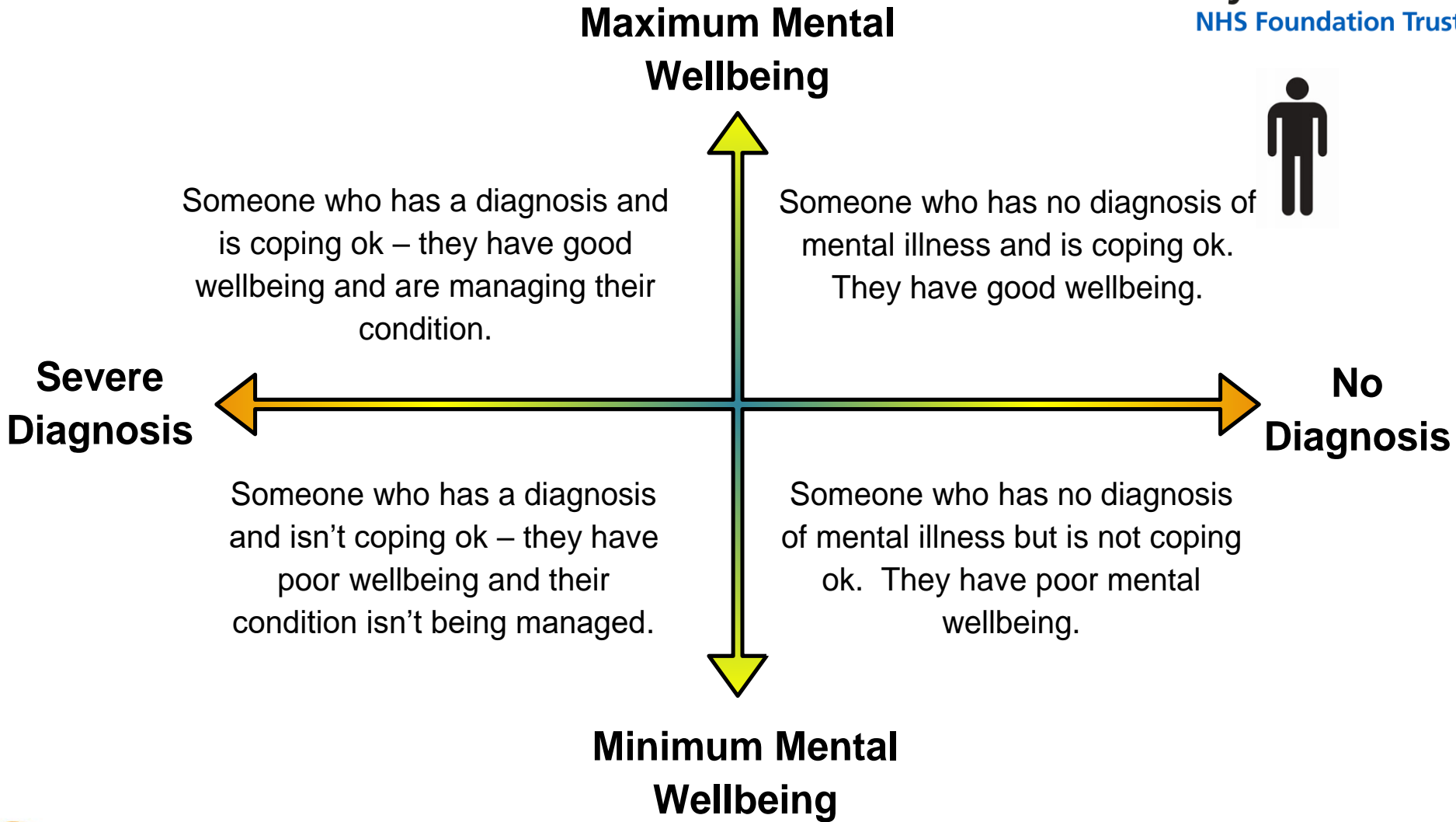
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# Mental Health Continuum



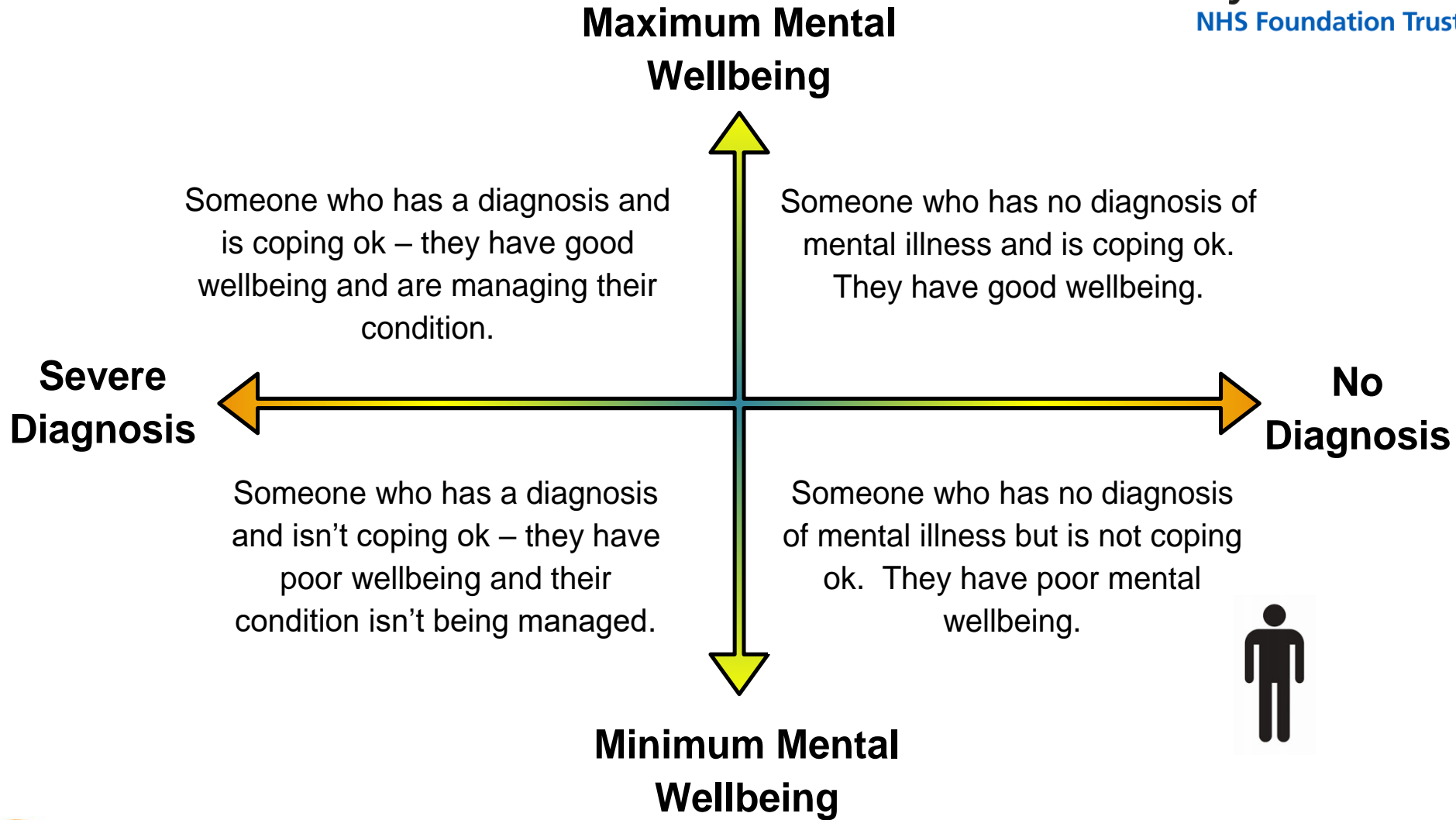
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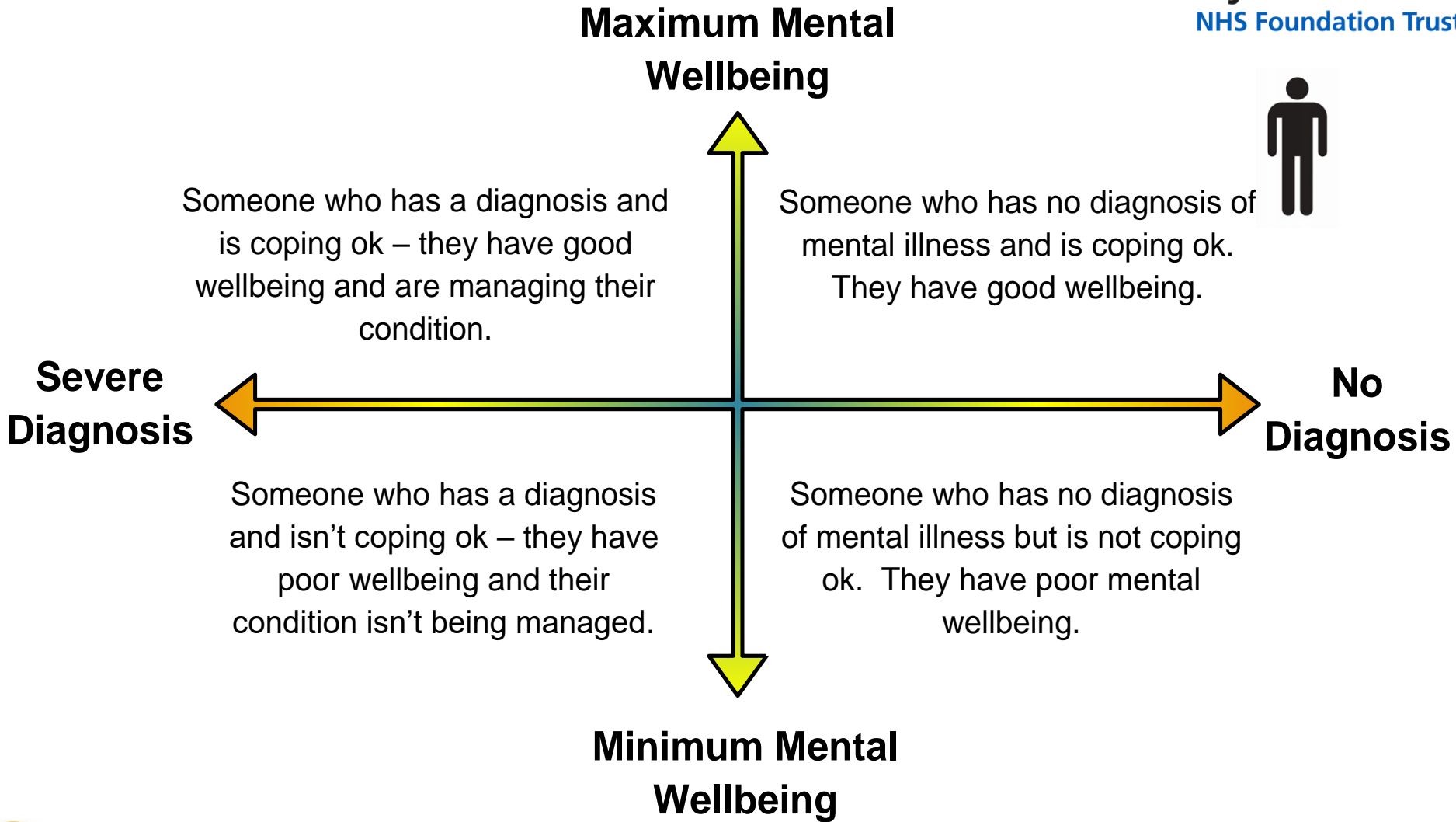




# Mental Health Continuum



# Mental Health Continuum

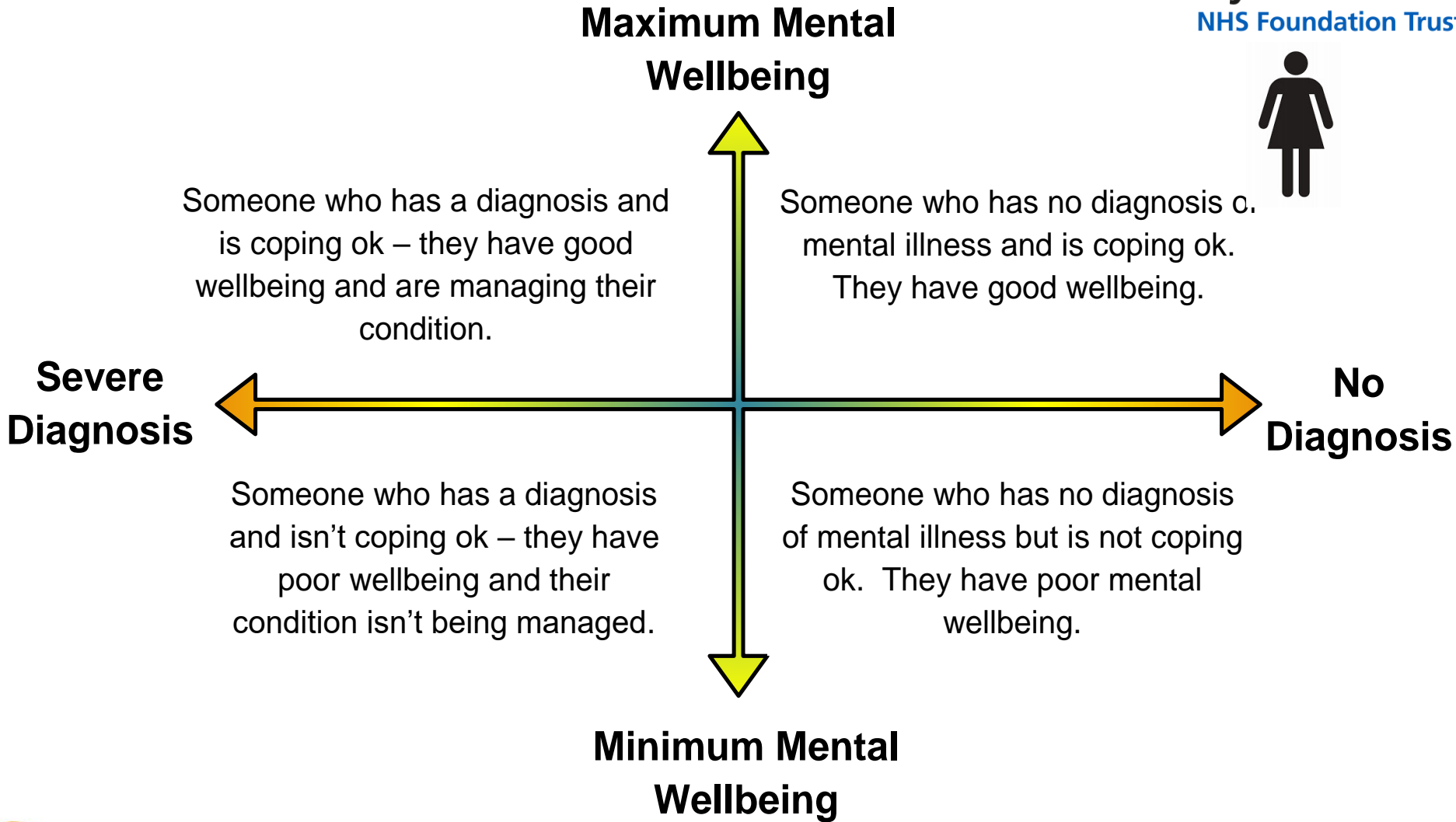


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# Mental Health Continuum

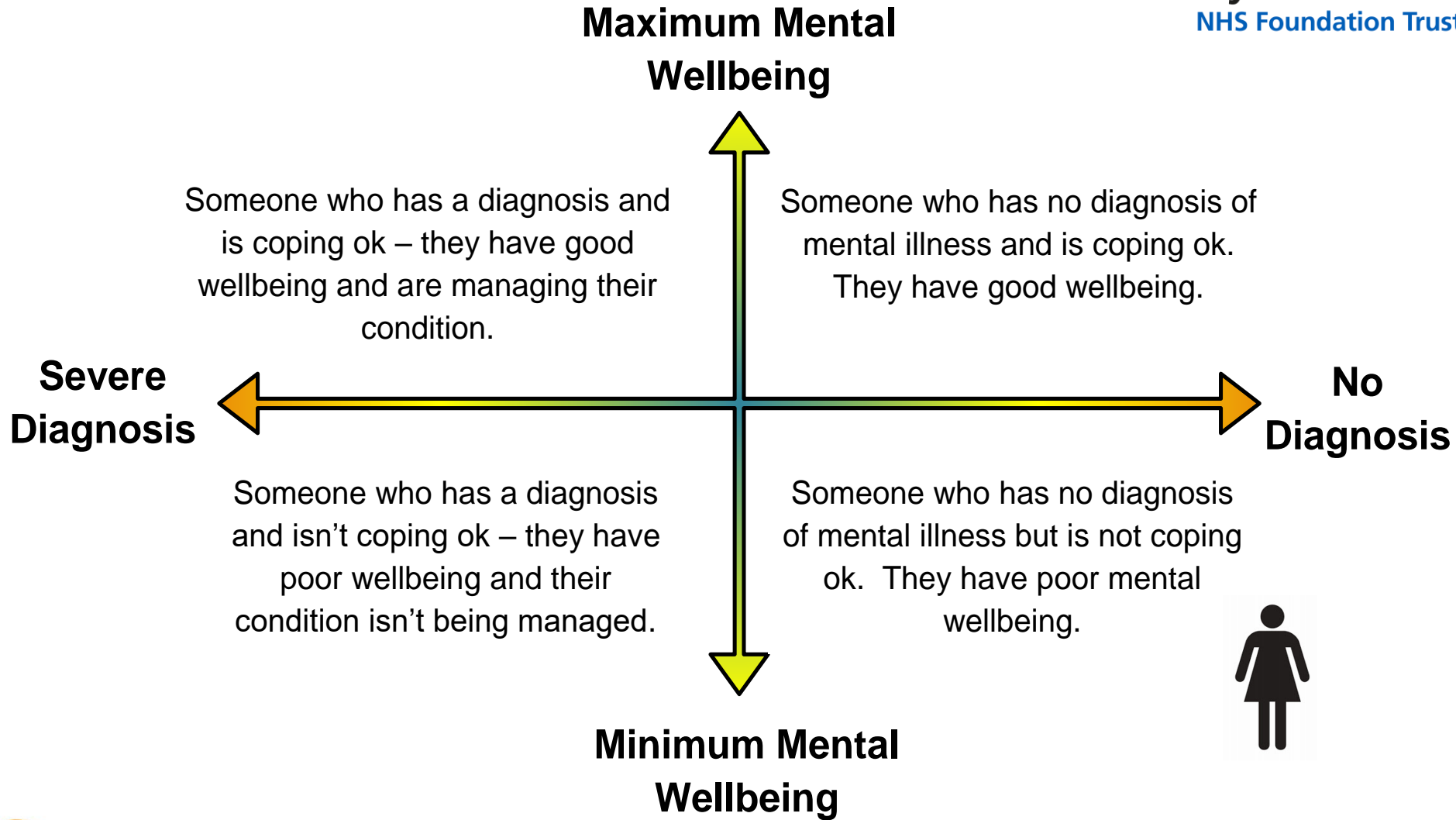


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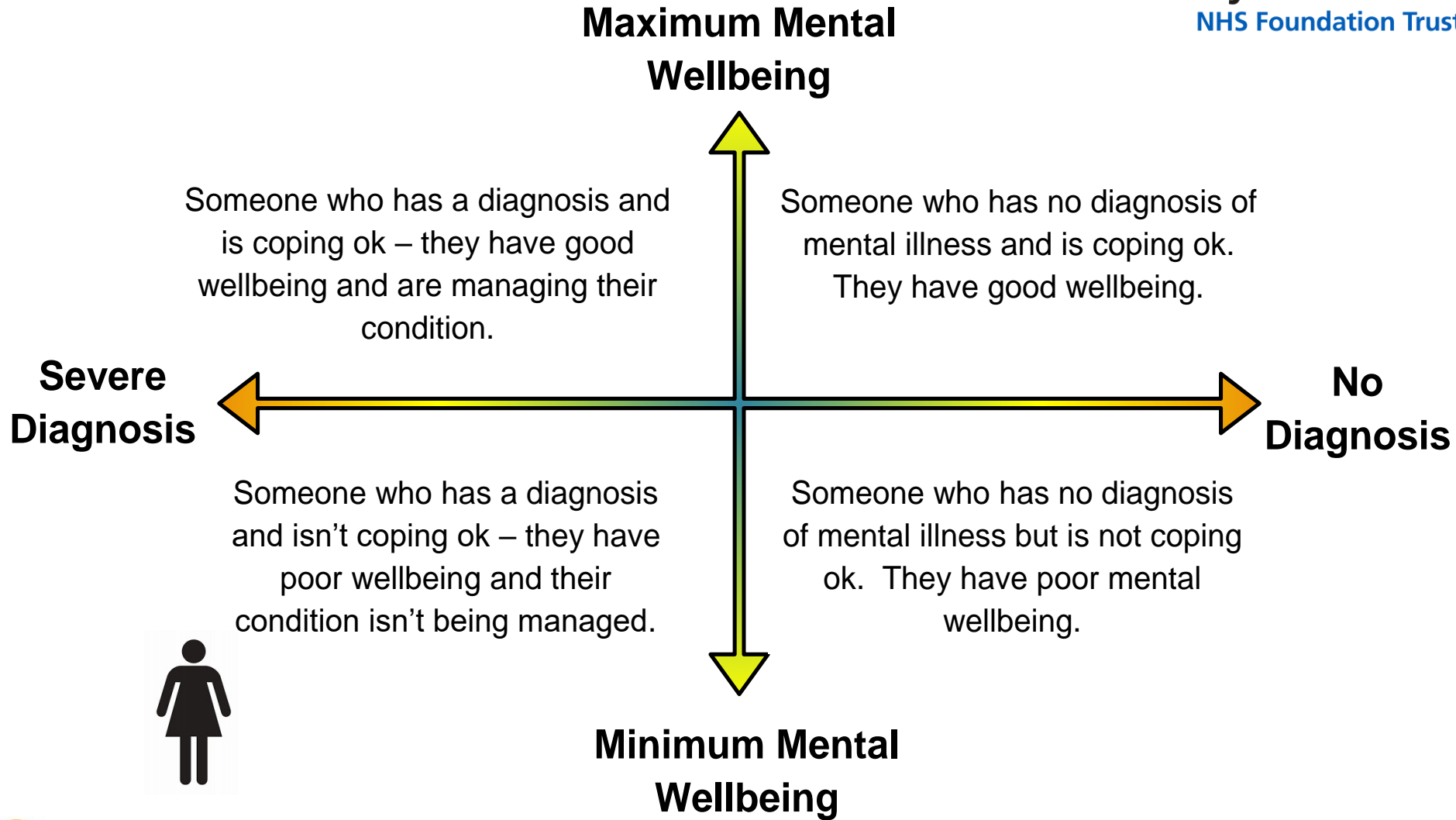
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# Mental Health Continuum



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# Mental Health Continuum



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# Mental Health Continuum



Someone who has a diagnosis and is coping ok – they have good wellbeing and are managing their condition.

Someone who has no diagnosis of mental illness and is coping ok. They have good wellbeing.

**Severe  
Diagnosis**



Someone who has a diagnosis and isn't coping ok – they have poor wellbeing and their condition isn't being managed.



**No  
Diagnosis**

Someone who has no diagnosis of mental illness but is not coping ok. They have poor mental wellbeing.



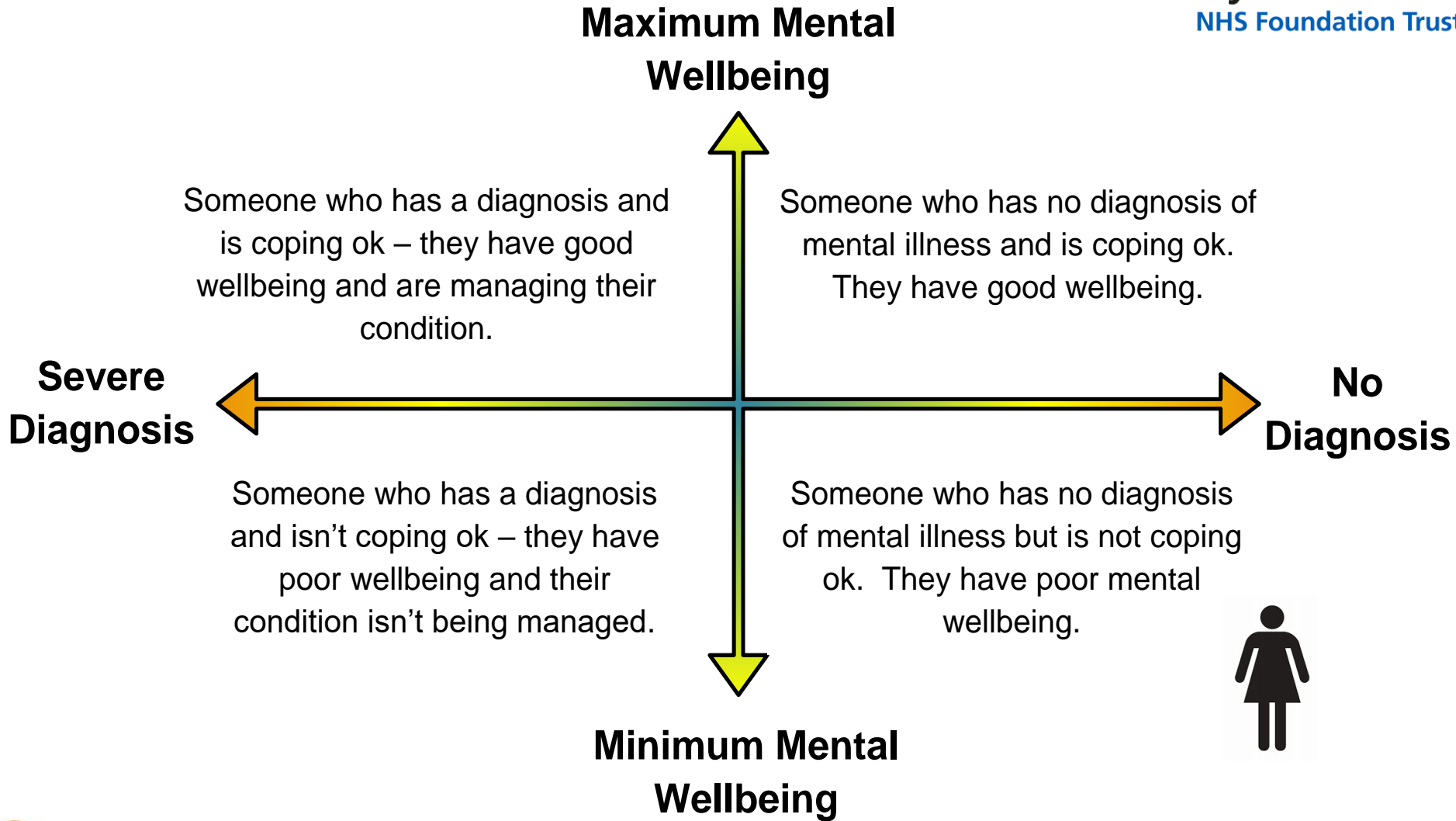
**Maximum Mental  
Wellbeing**



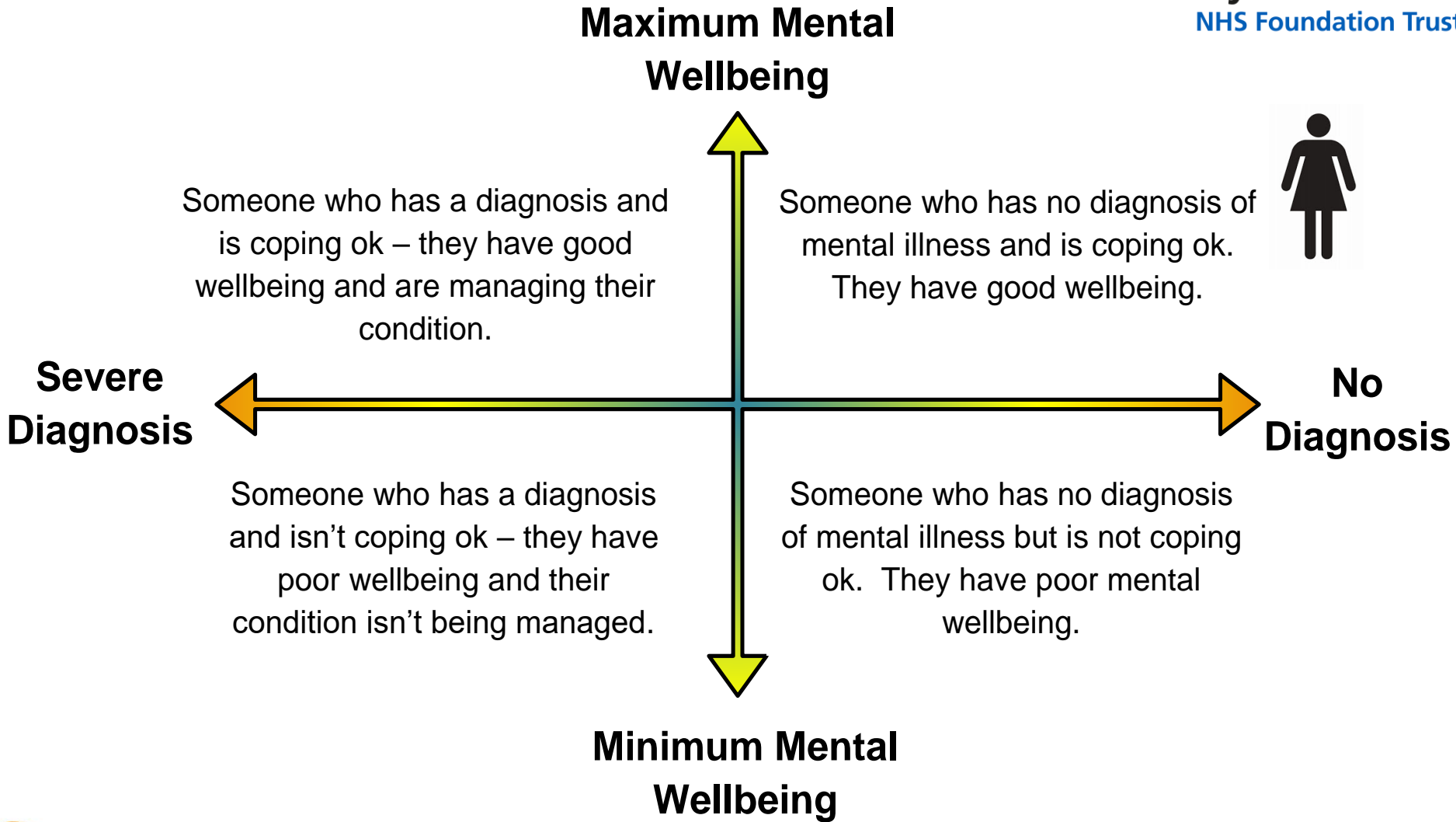
**Minimum Mental  
Wellbeing**



# Mental Health Continuum



# Mental Health Continuum



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# Mental Health Continuum



For more information on the services we provide including Mental Health First Aid Training.

Please contact us at:

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