

The Mental Health Continuum & The Menopause

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Mental Health Continuum Black Country Healthcare Maximum **NHS Foundation Trust** Wellbeing Wellbeing Diagnosis No Diagnosis Diagnosis Minimum Wellbeing Together with you to achieve **healthier**, **happier lives**



No

Diagnosis

Black Country Healthcare





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

Severe Diagnosis

Minimum Mental Wellbeing





No

Diagnosis

Black Country Healthcare NHS Foundation Trust



Someone who has no diagnosis of mental illness and is coping ok.
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Severe Diagnosis

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

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Minimum Mental Wellbeing





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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:

bchft.mhfaenquiries@nhs.net





