

# Mental Health Continuum

Mental health falls on a continuum. In your life, you may move back and forth depending on different situations.



Healthy everyday living



Green Zone

You are in your best or better mental state and realizing your full potential. This is healthy functioning.



Yellow Zone

A state where you're still functioning but might be experiencing difficulties or just getting by in your comfort zone. You might resort to harmful coping strategies (smoking, drinking, or using drugs).



Red Zone

Severe effects on everyday living

You might be having severe symptoms of mental health conditions and at risk of self-harm or suicide. **When in this zone, seek help immediately.**

Crisis Hotline:

Philippine Red Cross  
Hopeline PH

2919 (toll-free for Globe & TM)  
Globe/TM: 0917-558-4673  
Smart/Sun/TNT:  
0918-873-4673  
Landline: 8804-4673

In-Touch Community  
Services

Globe/TM: 0917-800-1123  
Smart/Sun/TNT:  
0922-893-8944/  
0919-056-0709  
Landline: 8893-7603

No matter which zone you find yourself in, it's crucial to have a positive and uplifting environment. You can contribute to creating a space that fosters your own and others' well-being.



For more information, check out the Mental Health booklet!



Visit the I CHOOSE website at [malayaako.ph](http://malayaako.ph)