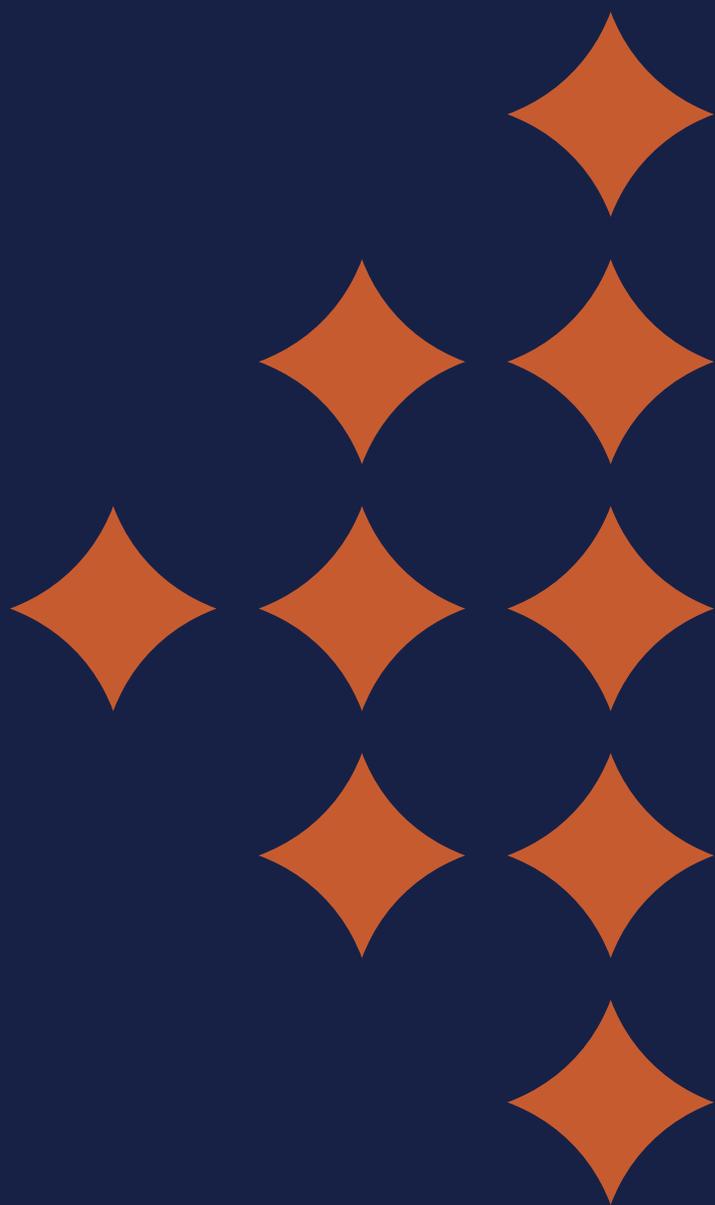




Dual Continuum Explainer



A TOOL FOR
EVERYONE

The dual continuum of mental health

Mental health is complex. Understanding a person's—or your own—mental wellbeing is not a simple straight line between “mentally well” versus “mentally ill.” Mental wellbeing is more than if you are or aren't diagnosed with a mental illness. Everyone can feel overwhelmed sometimes. And people with a diagnosis can thrive. It's all a matter of perspective.

NEW LANGUAGE AND A NEW TOOL

The dual continuum of mental health redefines the conversation. Instead of a single scale, the dual continuum plots mental wellbeing on two axes where anyone can find themselves at any given moment.

Every person's situation is unique. The dual continuum recognizes this. It also asks more than if you are “mentally ill” or not—it asks if you are flourishing or languishing.

Flourishing is when you feel confident, secure and ready to face your life and work. Languishing is when you feel hopeless, burnt out and dread getting out of bed.

People with a diagnosed condition can still flourish in their lives and careers. People without a diagnosed condition can still languish as they navigate personal mental health challenges.

Revel aims to recognize that any person can be anywhere on the dual continuum. It's about honest assessments of how you're feeling and performing, and about taking small, tangible steps to move upwards towards flourishing every day.

