

MENTAL HEALTH AND PERFORMANCE

Mental health and wellbeing enable each of us to perform at our best.
Play your part: If you see something, say something.

MENTAL HEALTH CONTINUUM

HEALTHY	REACTING	INJURED	ILL
• Normal fluctuations in mood • Takes things in stride • Good sense of humour • Consistent performance • Physically and socially active • Confident in self and others • Drinking in moderation	• Nervousness, irritability • Sadness, overwhelmed • Displaced sarcasm • Procrastination • Forgetfulness • Trouble sleeping • Low energy • Muscle tension, headaches • Missing an occasional class or deadline • Decreased social activity • Drinking regularly or in binges to manage stress	• Anxiety, anger • Pervasive sadness, tearfulness, hopelessness, worthlessness • Negative attitude • Difficulty in concentrating • Trouble making decisions • Decreased performance, regularly missing classes/deadlines, or over work • Restless, disturbed sleep • Avoidance, social withdrawal • Increased use of alcohol - hard to control	• Excessive anxiety • Panic attacks • Easily enraged, aggressive • Depressed mood, numb • Cannot concentrate • Inability to make decisions • Cannot fall asleep/ stay asleep • Constant fatigue, illness • Absent from social events/classes • Suicidal thoughts/intent • Unusual sensory experiences (hearing or seeing things) • Alcohol or other addiction
ACTION: Nurture support systems	ACTION: Recognise limits, take breaks, identify problems early, seek support	ACTION: Tune into own signs of distress, talk to someone, ask for help, make self-care a priority, don't withdraw	ACTION: Seek professional care Follow recommendations

Adapted from Nash (2011)

WHO DO I CONTACT IF THERE IS A CONCERN?

HPSNZ SERVICES

NSO
Medical
Lead



NSO
Psychologist



Responsible
for **leading**
MH crisis
interventions*

Referral
to external
psychologist /
psychiatrist



EXTERNAL SERVICES



Athlete EAP
Habit Health
0800 327 669
Online bookings:
eap.habit.health



Public Hospital
Acute or Outpatients Crisis Team
Crisis Assessment Teams
Ministry of Health NZ

*In cases where there is no assigned NSO psychologist, the contact may be HOD Psychology or HOD Medicine.

Scan the QR
code for more
information
and resources.

