

Who is at risk of mental ill-health?

Researchers are still working to understand this.
Many risk factors seem to act together in a complex way.



Environmental Factors

These relate to world in which we live and function e.g.

- Stressful life events (e.g. a death in the family)
- Early childhood trauma
- A physical health condition
- Having children
- Living arrangements
- Low household income

Genetic Factors

Genetic factors can make people more or less susceptible to mental illness.

But mental health depends on many hundreds of genes acting together.

Even a gene that is strongly associated with mental ill-health, only increases a person's risk by a very small amount.



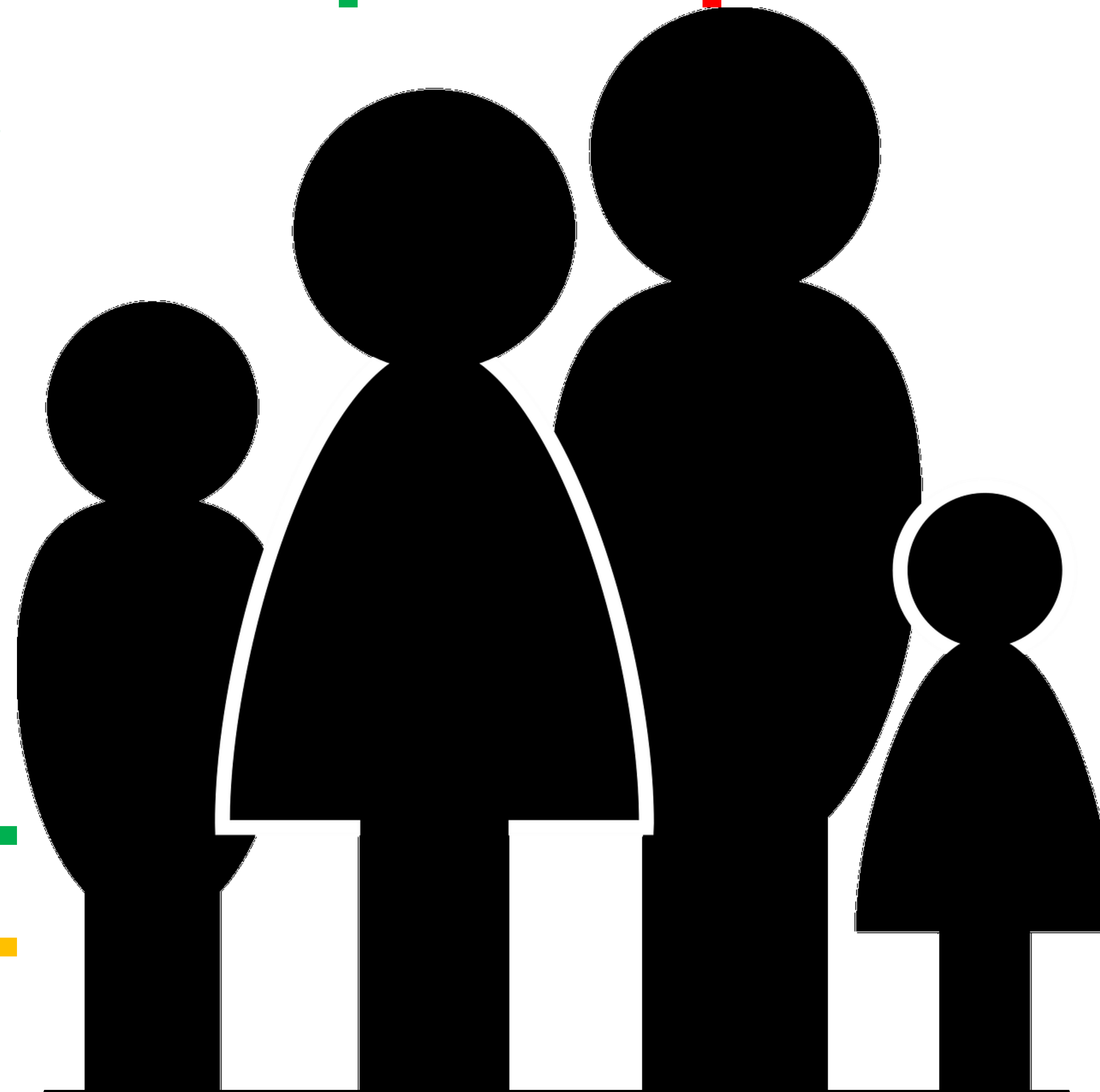
Male / Female

Women are more likely than men to experience common mental health conditions such as anxiety or depression.

Lifestyle Factors

Many things that affect your physical health can also affect your mental health e.g.

- Smoking
- Poor sleep quality
- Poor diet / overweight
- Alcohol or drug misuse



Resilience

Some things help us bounce back from hard times e.g.

- Exercise
- Mindfulness / meditation
- Close family & friends