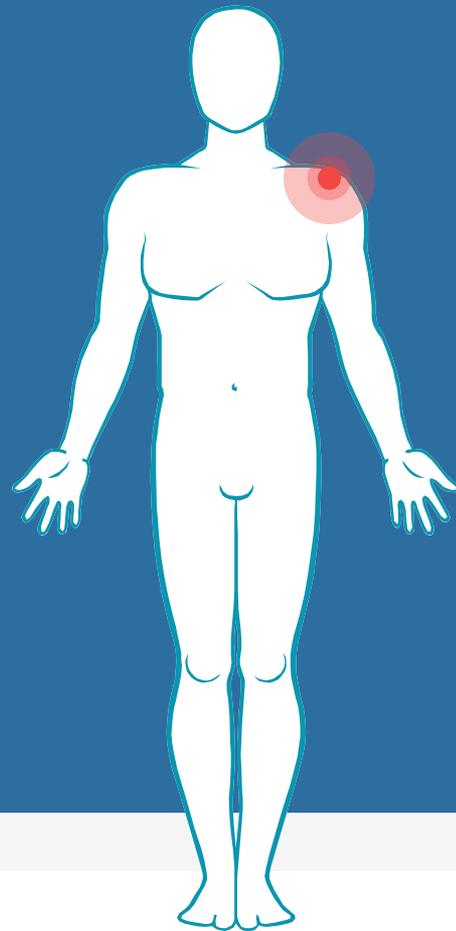


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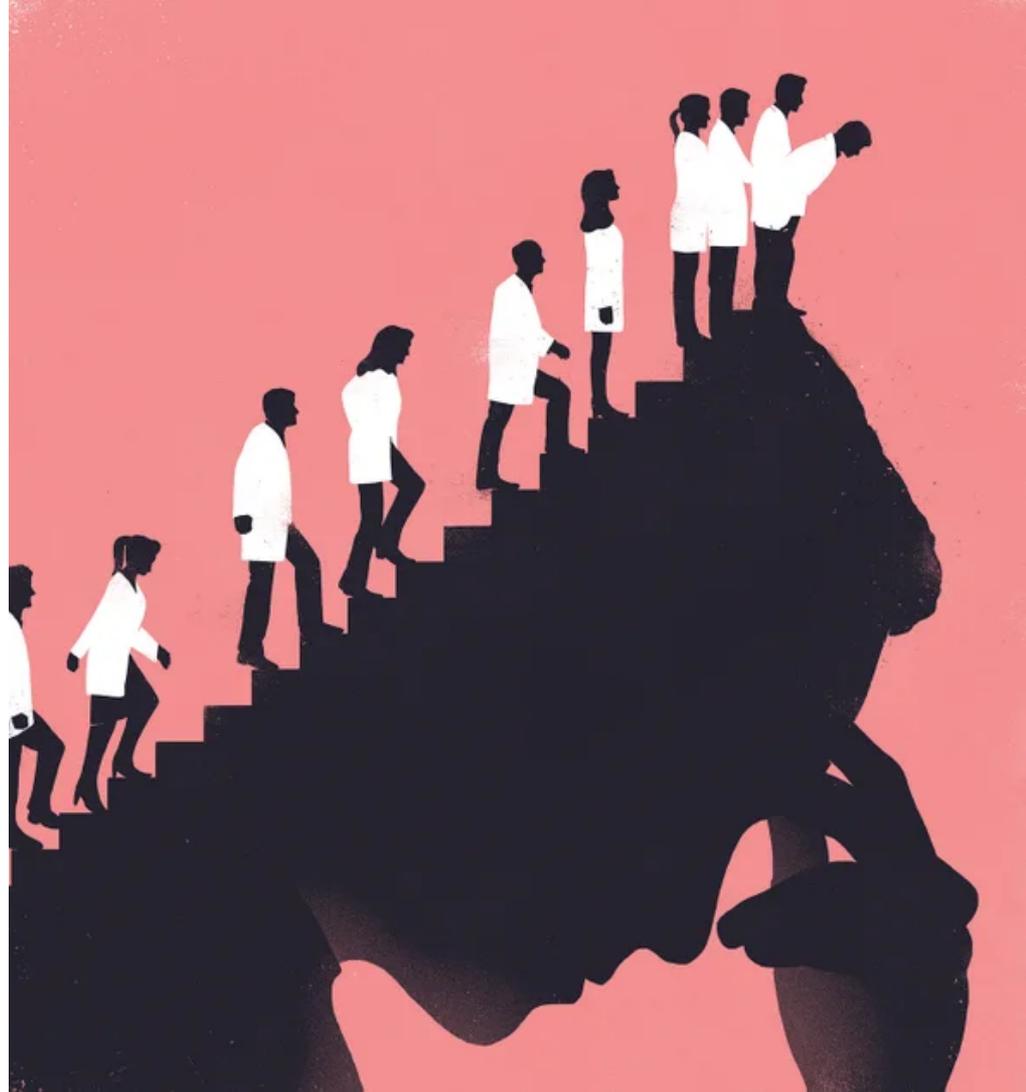
103: Digital Toolkit of Health Literacy Resources

Risks for mental health



IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is risks factors for Mental Health
- ▶ Determinants of mental health and well-being
- ▶ Mental Health risk factors



RISK FACTORS



risk factor is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease or injury.

World Health Organization (WHO)

Determinants of mental health and well-being

that mental or psychological well-being is influenced not only by individual characteristics or attributes, but also by the socioeconomic circumstances in which persons find themselves and the broader environment in which they live.



Risks for Mental Health

- ▶ risk factors are present at every stage of human life. Our mental health depends on many factors in every period of life.



Infancy and early childhood

Separation from the primary caregiver - due for example to parental absence or rejection - leads to anxiety, stress and insecurity. Parents who have difficulties in bonding, have limited skills or exhibit negative attitudes place their children at increased risk of exposure to stress and behavioral problems. Other important risks to physical is: maltreatment and malnutrition and infectious or parasitic diseases.



Childhood

Negative experiences within the home or at school - due to family conflict or play-ground bullying, for instance - have a damaging effect on the development of these core cognitive and emotional skills.



Adolescence

- ▶ The adverse experiences, conditions or environments that affect the mental well-being of younger children apply equally to adolescents. Alcohol/drug use is one such risk, the onset of which typically occurs during adolescence.
- ▶ Adolescents are also susceptible to peer pressure and, increasingly, media influences



Stress and anxiety are a frequent outcome for persons spending too much time working, caring for others or operating in a difficult / insecure work environment, as it is for those able and willing to work but unable to do so because of adverse socio-economic circumstances.



Older age

- ▶ Older adults are also particularly at risk of social isolation, as they withdraw from the labour market (which may deprive them of a steady income) and become more susceptible to chronic disease (which may deprive them of their mobility, independence and cognitive skills). Feelings of isolation can also come about due to the loss of their partner or friends to illness, or due to inattentive or uncaring family members.



Other risks (affecting any age group)

In addition to the risks that typically present or manifest themselves at different points over the life course, there are other potential threats to mental health that can impact on persons at any age or stage in their lives. Since even the most basic socio-demographic characteristics of individuals are framed by social norms or customs, a person's gender, ethnic grouping or place of residence may influence their chances of developing a mental health condition.





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