

# RISK FACTORS FOR MENTAL HEALTH

## Risk factors

One of the most important factor is stress, that has very negative influence both on physical and mental health. Healthy relationships are also very important for keeping up good mental health.



## Medical conditions

There are several (mostly chronic) medical conditions that could influence mental health leading to e.g. anxiety or depression.



## Different life stages

Each of life stafes (childhood, adolescence, adulthood) carries a different risk factors for Mental Health : school, parents, work , loneliness.



## Psychological well-being

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.

