

## Risk Factors

- childhood abuse, trauma, or neglect
- social isolation or loneliness
- experiencing discrimination and stigma
- social disadvantage, poverty or debt
- bereavement (losing someone close to you)
- severe or long-term stress
- having a long-term physical health condition
- unemployment or losing your job
- homelessness or poor housing
- being a long-term carer for someone
- drug and alcohol misuse
- domestic violence, bullying or other abuse as an adult
- significant trauma as an adult, such as military combat, being involved in a serious incident in which you feared for your life, or being the victim of a violent crime
- physical causes – for example, a head injury or a neurological condition such as epilepsy can have an impact on your behaviour and mood.
- Low self esteem
- SEND Children - feeling of left out, low self esteem, maybe unable/ unaware of how to take care of their own well being
- Lack of sleep
- Diet
- New siblings/ Loss of Sibling or family member
- divorce/ separation
- Stress - exams SATs entrance exams, parent pressures

Figure 1 Contributing factors to mental health and well-being

