# MENTAL HEALTH SERIES 3

# Hand Out

Risk Factors

Certain factors may increase your risk of developing a mental illness, including:

* A history of mental illness in a blood relative, such as a parent or sibling
* Stressful life situations, such as financial problems, a loved one's death or a divorce
* An ongoing (chronic) medical condition, such as diabetes
* Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head
* Traumatic experiences, such as military combat or assault
* Use of alcohol or recreational drugs
* A childhood history of abuse or neglect
* Few friends or few healthy relationships
* A previous mental illness