

What Impacts Mental Health?



Social and Environmental Factors

Economic stability, access to quality healthcare and education, neighborhood and built environment, and social and community context, including how a person's identities are affirmed, reflected, and celebrated.

Genetic and Biological Factors

Biological factors can include **brain chemistry**, long-term substance use, and brain injury, and genetic factors can include a person's **temperament** and genetic predisposition to certain mental health conditions.



Early Childhood Experiences

Adverse and positive experiences that occur in a young child's life shape developing **brain architecture**. Positive environments and caring adults create a foundation for **resilience** and a lifetime of positive mental health.

Lifestyle Factors

Healthy **behaviors and habits**, such as getting enough sleep, being active, a healthy diet, mindfulness, and social connection promote well-being and can help also prevent and treat mental health conditions.

