Types and Causes of Mental Illness

Environmental and Psychological Factors

Certain factors in a person's environment, both from childhood and adulthood, can trigger or later contribute to mental illness. Such factors are things that usually feel outside a person's control, especially as a child. They include:

- Experiencing the Death death of a parent or other close family member or friend;
- Changing jobs, or schools or moving far away from one's previous home;
- Experiencing The the break up of one's parents, or break up from a long-term partner;
- Having A a chaotic or traumatic family life, including the substance abuse of one's parents or one's self, and neglect by a parent;
- Living in poverty
- Being socially isolated;
- Feeling inadequate, or unloved and or unappreciated;
- Feeling anxious or angry
- Failing to meet what one considers to be social or cultural norms, such as physical beauty, intelligence or social popularity

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