

## Support within reach

### Contributing factors to mental health

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Mental health is complex. There are a number of factors that come together to make up someone's mental health, including biological, psychological and social factors. Some of these elements can increase a person's risk of mental health concerns, while others can help protect against them.

Check out the resources we've put together to help you learn more about contributors to mental health and sources of support that can help.



#### Featured resource

##### Rebecca's story matters

Listen in as guest Rebecca talks about having depression and getting the help she needs.

[Listen to Rebecca's story](#)

#### Contributing factors that impact mental health

Learn what factors can impact your mental health.

[View the infographic](#)



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