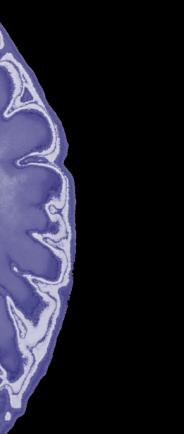


## Systems maps

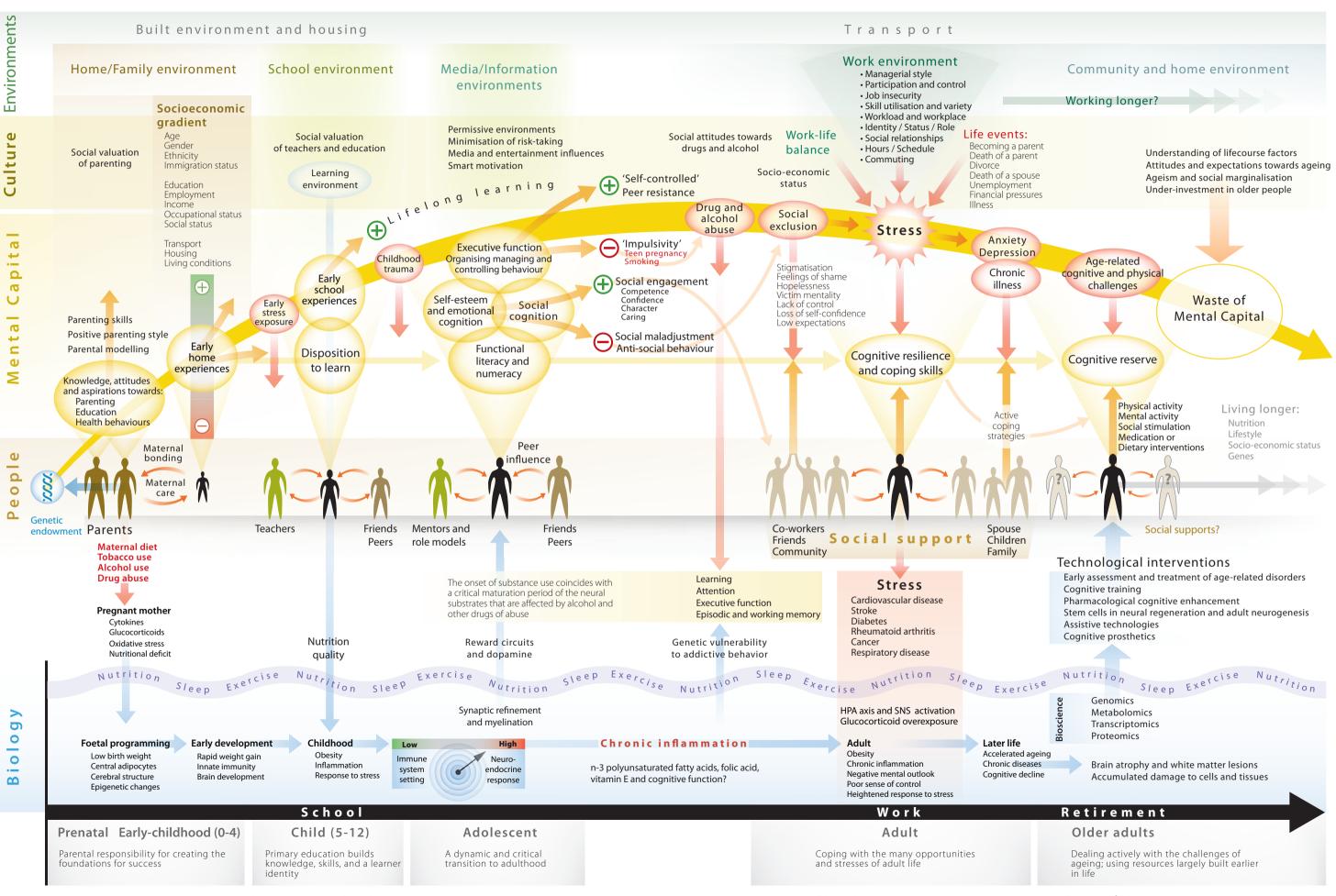
MENTAL CAPITAL AND WELLBEING PROJECT

(Alana)



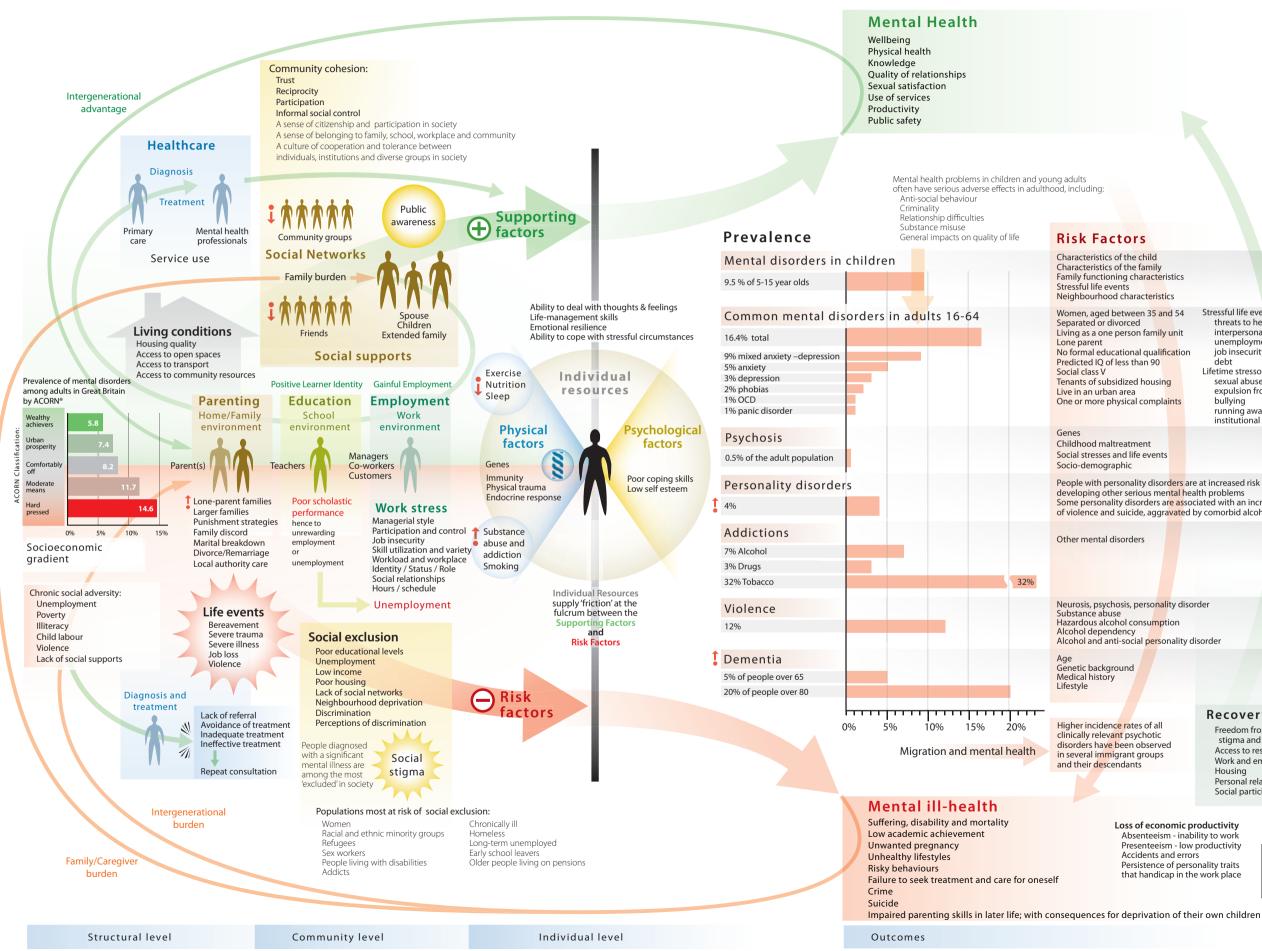


## Mental capital through life - conceptual overview



Acquisition

Maintenance



Characteristics of the family Family functioning characteristics

Women, aged between 3<mark>5 and</mark> 54

Lone parent No formal educational gualification Predicted IQ of less than 90

Tenants of subsidized housing Live in an urban area One or more physical complaints

threats to health interpersonal proble unemployment job insecurity debt Lifetime stressors: sexual abuse expulsion from school bullvina running away from home institutional care in childhood

Stressful life events.

Social stresses and life events

People with personality disorders are at increased risk of developing other serious mental health problems Some personality disorders are associated with an increased risk of violence and suicide, aggravated by comorbid alcohol abuse

Neurosis, psychosis, personality disorder Substance abuse Hazardous alcohol consumption Alcohol dependency Alcohol and anti-social personality disorder

Higher incidence rates of all clinically relevant psychotic disorders have been observed in several immigrant groups

## Recovery

Freedom from abuse, stigma and discrimination Access to resources Work and employment Housing Personal relationships Social participation

Loss of economic productivity Absenteeism - inability to work Presenteeism - low productivity Accidents and errors Persistence of personality traits that handicap in the work place



