

**School/
college
work
stress**

**Playing
favourite
computer
games most
nights**

**Lots of
arguments at
home or with
friends**

**Smoking
skunk
(strong
marijuana)**

**If someone
in your
family has
mental health
problems**

**Having a
long term
physical
health
condition**

**Being bullied
at school,
college or
work**

**Receiving
abuse/nasty
comments on
social media**

**Feeling
angry
a lot**

**Not
sleeping
much**