Common Causes of Emotional Distress

Environmental
- Academic pressure
- Career indecision
- Expectations of self and others
- Cultural pressures
- Financial issues

Interpersonal
- Relationship issues
- Break ups
- Loneliness
- Coming out
- Adjustment to uni

Family Issues
- Divorce
- Family break-up

Health
- Serious injury
- Chronic illness
- Eating disorders
- Personality disorders

Events
- Experiencing a traumatic event
- Sexual abuse
- Physical abuse
- Loss