

Suicide Prevention

PROTECTIVE FACTORS

Protective factors are the positive qualities, resources, and conditions that promote health, resilience, and stability in individuals. Protective factors may reduce the potential for suicide.

Throughout our life we can cultivate resiliency, and help others develop increased resiliency.

- **Good Health:** physical, mental, emotional; access to health care and mental health services; access to substance abuse treatment
- **Safety:** at home, at school, in the community; a stable environment
- **Relationships:** positive, loving, supportive interactions with partners, family, peers, coworkers, friends, trusted professionals (health care professionals, teachers, clergy, law enforcement personnel)
- **Competence:** intellectual, physical, social competencies; experiences with success; having responsibilities at home and in work life
- **Life Skills:** decision-making, problem-solving, impulse control, anger management, conflict management, sobriety, self-care, help-seeking, cultivating enjoyable activities
- **Control:** a sense of autonomy, empowerment, boundaries, expectations
- **Connection:** life meaning or purpose, personal growth, spirituality, seeing oneself in the big picture, hope for the future, cultural and religious beliefs that support life and self-preservation

*A strong sense of **belonging and connection** has been demonstrated to be an important protective factor in helping people choose life.*