

Protective Factors for Suicide

Protective factors are the positive conditions and personal and social resources that promote resiliency and reduce the potential for youth suicide as well as other high-risk behaviors. It is important to understand that protective factors do not prevent suicide.

Protective factors associated with suicidal behavior include:

Individual

- Cultural and religious beliefs that discourage suicide and support self-preservation
- Skills in problem solving, conflict resolution, and anger/stress management
- Opportunities to participate in projects/activities
- Resiliency
- Strong sense of self-worth
- A sense of personal control
- Good impulse control
- Not drinking alcohol in excess/not using illegal substances
- A reasonably stable environment
- Responsibilities/duties to others
- Asking for help
- Being aware of resources

Peer/Family

- Close family bonds
- Sense of social support
- Positive connections with an adult
- Pets
- Availability of and access to effective clinical care for mental/physical/substance use disorders
- Restricted access to lethal means of suicide

Community

- Respect for help-seeking behavior
- Skills to recognize and respond to signs of risk

Society

- Urban/suburban setting
- Media influence