

Protective Factors of Suicide

Protective factors are characteristics a person has that provide protection from suicide risk:

- Easy access to a variety of clinical interventions
- Effective clinical care for mental, physical and substance use disorders
- Skills in problem solving, conflict resolution and handling problems in a non-violent way
- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Reduced access to highly lethal means of suicide

