

PROTECTIVE FACTORS FAMILY PREVENTION FORM

SOCIAL SUPPORTS TO BUILD OR USE IN MY PREVENTION PLANNING



PERSON	What this person can help me with in my prevention plan
EX: GRANDMA KELLY	Sits with my other child as I help my oldest in addressing crisis concerns

KNOWLEDGE I WANT TO BUILD OR USE IN MY PREVENTION PLAN



KNOWLEDE AREA	What this knowledge can help me with in my prevention plan
EX: SUICIDE RISK FACTORS	This information will help me be more aware of risks my child may face

CONCRETE SUPPORTS I WANT TO BUILD OR USE IN MY PREVENTION PLAN



SUPPORT	What will this support help me with in my prevention plan
EX: INCREASE SAVINGS	This will help me feel less stress in times of need where I have an unexpected expense or need to take some time off from work

PROVIDERS AND SERVICES IN MY AREA TO USE IN MY PREVENTION PLAN



SERVICE/PROVIDER	What will this provider or service help me with in my prevention plan
EX: TEEN TEXT LINE	This will be a resource for my youth to use when feeling overwhelmed



COMMUNICATION STARTERS I CAN USE IN MY PREVENTION PLAN

PERSON TO TALK TO	Ways we can talk non-judgmentally about suicide as prevention
EX: DAUGHTER/SON	I have noticed you seem sadder these days. I love you so much and am concerned you might be thinking about suicide.



DAILY SELF CARE STRATEGIES I CAN USE IN MY PREVENTION PLAN

STRATEGY	What this self-care strategy will do for me in my prevention plan
EX: TAKE THE LONG WAY HOME AFTER WORK	This will help me get a little extra down time in the car with my music to help me leave the day's work stress away from home and my family.



RESOURCES FOR MORE INFORMATION ABOUT YOUTH SUICIDE

RESOURCE	What this resource will help me with in my prevention plan
EX: YOUTH MENTAL HEALTH FIRST AID CLASS	This will help me gain more knowledge and skills around prevention and intervention strategies for youth crisis and/or suicidality.