

Protective Factors for Suicide Prevention

For immediate help, call **911** or go to the nearest **emergency room**.

For crisis support, call the Suicide Prevention Lifeline at **988**.

INDIVIDUAL

- Effective coping and problem-solving skills
- Reasons for living (for example, family, friends, pets, etc.)
- Strong sense of cultural identity

RELATIONSHIP

- Support from partners, friends, and family
- Feeling connected to others

COMMUNITY

- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare

SOCIETAL

- Reduced access to lethal means of suicide among people at risk
- Cultural, religious, or moral objections to suicide

Source

www.cdc.gov/suicide/factors/index.html