

# Protective Factors for Suicide

Much has been said about what may lead a person to attempt suicide. It is also important to recognize that some factors may help protect a person from suicide. Knowing and using these factors can be an important tool for a person who is trying to prevent a suicide.

The following can help a person avoid suicidal actions:

- A positive self-image
- Personal resilience (the ability to manage stress and maintain a positive view of one's life)
- A wide range of effective personal coping skills
- The ability to do problem-solving activities
- Strong friendships with caring and supportive people
- Strong relationships with coworkers
- Positive and supportive family relationships
- Optimistic outlook on life
- A feeling of being part of a group or organization
- Active participation in the community
- Being married
- Maintaining a physically active lifestyle (this helps to limit feelings of depression)
- Belief that it is OK to make mistakes
- Belief that it is OK to ask for help
- A sense of self-efficacy
- A sense of personal control
- Positive spiritual beliefs