Protective Factors for suicide

Effective emotional regulation

Supportive family &

Opportunities to contribute

friends

Effective social skills

Strong relationships

married

Being a parent

Access to clinical support

Effective

Impulse

Control

Being

Social opportunities

Belief or Faith

Attitudes / Values which prohibit suicide

Naturally resilient

Community

Cohesion

of selfworth

Safe and Stable environment © Open Minds Counselling Service ltd. 2018 Suicide Interventions Presentation and Workshop author: Helen Mason

> Being part of a shared group

Believes
health &
well-being
matters

Effective coping Skills

Medically compliant

Hope for the future

Heathy fear of pain and danger

Pets