



# UNITED STATES AIR FORCE

## SUICIDE PREVENTION

### **Protective Factors**

Protective factors are positive conditions, influences and resources that promote wellbeing and reduce the potential for suicide. Protective factors help provide support during times of stress. Some of the most common protective factors are:

- Strong social support from family, friends and co-workers
- Belief that your life has purpose and meaning
- Being optimistic about your future
- Feeling that you belong to a group
- Willingness to talk about problems
- Willingness to seek help
- Developing effective coping and problem-solving skills
- Engaging in regular physical activity
- Promoting cultural norms that encourage people to seek help
- Having easy access to helping resources
- Spiritual involvement
- Eating a healthy diet