NPSG.15.01.01 EP 3 requires that the suicide risk assessment include 'protective factors'. What are examples of protective factors ?

Any examples are for illustrative purposes only.

Protective factors may be described as individual, relationship, community, and societal characteristics or circumstances that can protect individuals from suicide.

Examples of protective factors include, but are not limited to:

Individual Protective Factors

- Skills in coping and problem solving

- Reasons for living, such as family, friends, pets, etc.
- Cultural identity

Relationship Protective Factors

- Supportive partners, friends, and family
- Feeling connected to others

Community Protective Factors

- Connections to school, community, or other social places
- Availability of consistent and high-quality healthcare

Societal Protective Factors

- Reduced access to lethal means
- Cultural, religious, or moral objections to suicide

References:

Centers for Disease Control (CDC)

Additional Resources

Suicide Prevention Portal

Last updated on September 27, 2024 with update notes of: Editorial changes only

First Published Date: May 07, 2019

Last Reviewed Date: February 01, 2022