Resiliency

The presence of resiliency factors can lessen the potential of risk factors to lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth. These include:

* Family support and cohesion, including good communication.
* Peer support and close social networks.
* School and community connectedness.
* Cultural or religious beliefs that discourage suicide and promote healthy living.
* Adaptive coping and problem-solving skills, including conflict-resolution.
* General life satisfaction, good self-esteem, sense of purpose.
* Easy access to effective medical and mental health resources.