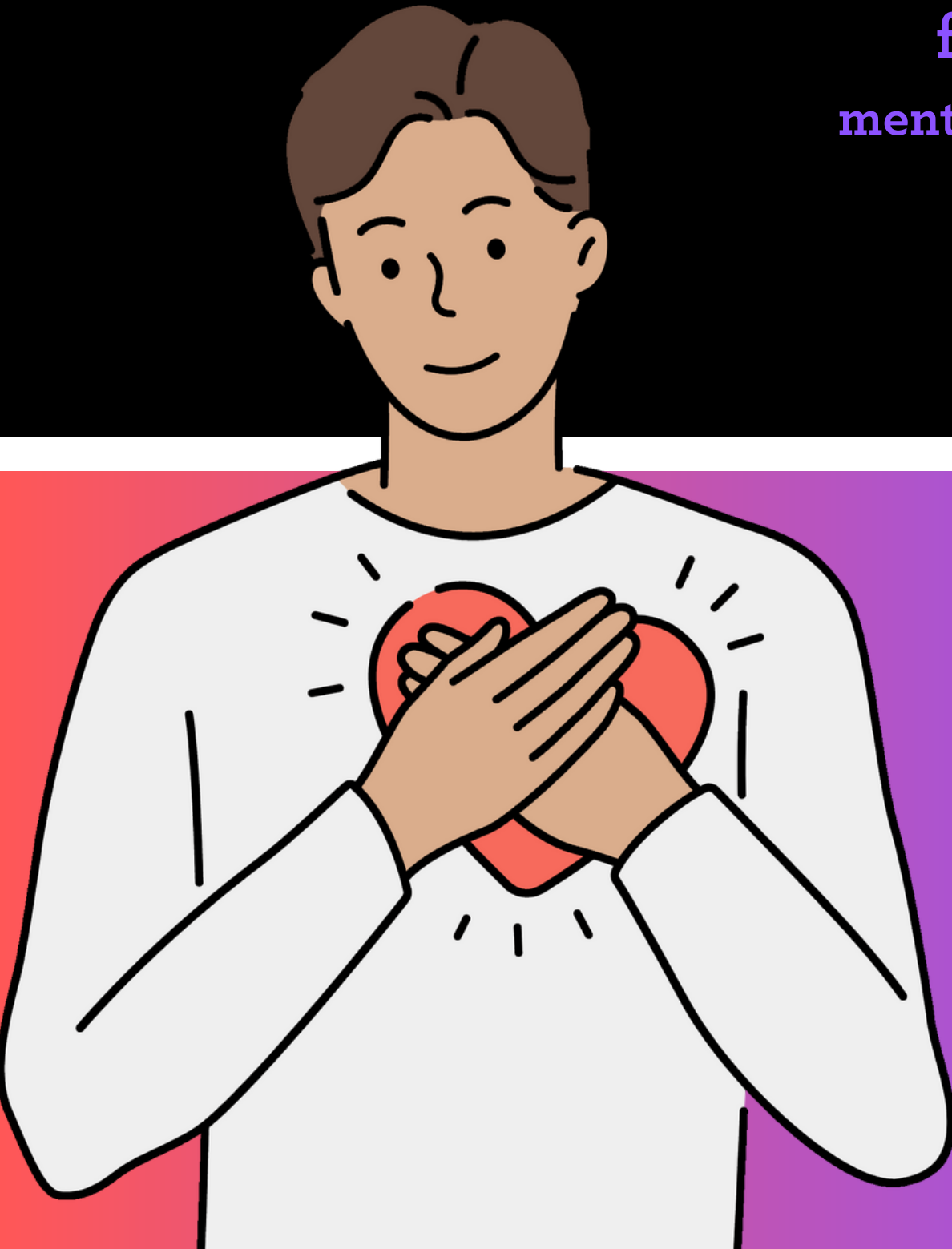


PROTECTIVE

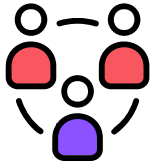
FACTORS

for staying
mentally healthy



PROTECTIVE FACTORS

Protective factors increase the probability of staying mentally healthy



connecting

with family and with caring friends



participating

with campus events and initiatives



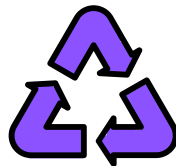
resolution

having effective, non-violent conflict resolution and problem-solving skills



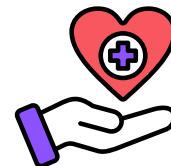
community

belonging to cultural or religious communities that encourage well-being



belonging

to something bigger than yourself, like a student organization or a campus cause



confiding

seeing a mental health professional or someone else with whom you can confide



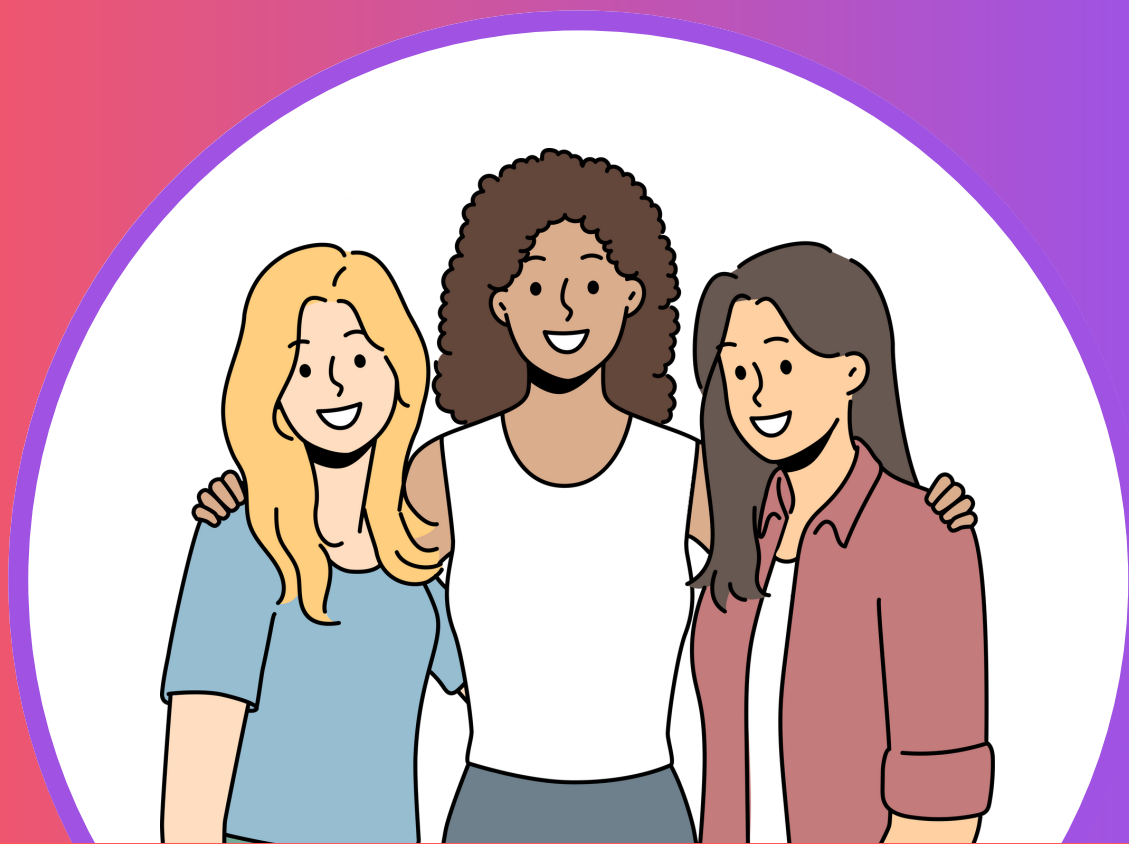
no access

not having access to lethal means that could be used to harm yourself or someone else



instincts

having naturally protective instincts such as not wanting to hurt others, fearing death, or fearing pain



Protective factors like these help risk factors become less risky and help you become more resilient.

There is nothing wrong with having some risk factors from time to time, as long as you also have protective factors at the same time.

FOR ADDITIONAL SUPPORT

<https://counseling.uiowa.edu>