




# Shared Protective Factors for Mental, Emotional, & Behavioral Health Disorders

Adolescence	<b>Individual</b>  	<ul style="list-style-type: none"> <li>• Positive physical development</li> <li>• Academic achievement/intellectual development</li> <li>• High self-esteem*</li> <li>• Emotional self-regulation</li> <li>• Good coping skills and problem solving skills*</li> <li>• Engagement and connections in two or more of the following contents: school, with peers, in athletics, employment, religion, culture *</li> </ul>	<b>Family</b>  	<ul style="list-style-type: none"> <li>• Family provides structure, limits, rules, monitoring, and predictability</li> <li>• Supportive relationships with family members</li> <li>• Clear expectations for behavior and values</li> </ul>	<b>Community</b>  	<ul style="list-style-type: none"> <li>• Presence of mentors and support for development of skills and interests</li> <li>• Opportunities for engagement within school and community</li> <li>• Positive norms</li> <li>• Clear expectations for behavior</li> <li>• Physical and psychological safety</li> </ul>
	<p>* for protective factors that are shared with suicide</p>					