

Suicide Prevention

Sources of Strength

- Family Support (I feel cared for, loved, supported by my family, take time for myself)
- Spirituality (I feel I have healthy beliefs and practice my faith, spirituality, culture.)
- Positive Friends (Friends that care about me, help me stay out of trouble, help me make healthy decisions.)
- Caring Adults (I feel I have strong friendships with adults that care about me other than my parents.)
- Positive Activities (I feel I'm involved in healthy activities, such as sports, arts, music, etc.)
- Generosity (I feel I have strong opportunities to help others, show leadership, make a difference through helping others.)
- Mental Health (I feel I have good access to a counselor or support group if I, my friends, or family needed one.)
- Medical Support (I feel I have good access to a doctor, nurse, clinic, or medication if I, my friend, or family needed it.)