

# Personal and Environmental Protective Factors Checklist

Take stock of the protective factors in the Veteran you care for.

**Yes**

**No**

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Believing in the value of life and that suicide is wrong.

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Feeling connected to friends and family.

☐☐

Hope for the future; optimism.

☐☐

Following doctors' orders and advice.

☐☐

Strong sense of self-worth, self-esteem, or determination.

☐☐

Ability to cope and adapt (resiliency).

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Ability to control impulses.

☐☐

Reasons for living.

☐☐

Being married or a parent.

☐☐

Being sober.

☐☐

Chances to be involved in family projects and activities.

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A safe and stable environment.

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No access to guns, pills, or other means to harm self.

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Responsibilities to others.

☐☐

Pets.

☐☐

Strong relationships, particularly with family members or partner.

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Good social skills, such as making decisions, solving problems, and managing anger.