

Understanding Protective Factors

Strengthen your mental wellness

Source: NAMI Chicago (2021)



What are protective factors?

Protective factors are characteristics at the biological, psychological, family, community, or cultural level that bolster our mental health and wellness. Protective factors can help reduce the impact of stressors and other challenges to mental health and wellness. (U.S. Substance Abuse and Mental Health Services Administration, 2020)

Invest in factors that positively impact mental health.

Your community. Take time to deepen relationships with those around you, at work or at home.

Your health. Take time to move, eat nourishing foods, and tend to your physical and mental health through health care.

Your response to challenges. Practice viewing yourself with compassion and seek out support in difficult times. Commit to self-care always, but especially amidst adversity.

Your ability to connect to what gives you meaning. Engage in a spiritual or gratitude practice. Lean on your faith community, or reflect on where you are and where you want to be.



Reach out for support.

Therapy, support groups, and other forms of mental health support help people manage life's challenges every day.



@NAMICHicago

For information, referrals, or support,
call the NAMI Chicago Helpline at:

833-626-4244

**M-F 9am-8pm
Sat & Sun 9am-5pm**