

BUILDING A SAFETY NET TOGETHER

*Understanding Risk & Protective Factors
in Youth Mental Health*

RISK FACTORS (Signs to Notice)



Academic & Social Pressure

Intense demands to succeed and fit in, leading to overwhelming stress.



Social Isolation

Lack of meaningful connections or feeling disconnected from peers and family.



Unaddressed Trauma & Stress

Past or ongoing adverse experiences, such as abuse, loss, or violence.



Substance Use & Impulsivity

Engaging in risky behaviors or using substances to cope with difficult emotions.

PROTECTIVE FACTORS (Strengths to Build)



Strong Connectedness

Positive relationships with family, friends, and mentors who provide support.



Positive Coping Skills

Healthy strategies for managing stress and emotions, like mindfulness or creative outlets.



Accessible Care

Easy access to mental health resources and professional support systems.



Safe Environments

Stable, nurturing home, school, and community settings free from harm.

BUILD YOUR NET OF SUPPORT (Action Steps)

For Parents

Foster open communication: Regularly check in with your teen without judgment.

Promote healthy habits: Encourage balanced sleep, nutrition, and physical activity.

Model positive coping: Show teens how you manage your own inner peace and heal your inner peace.

Seek help early: Don't hesitate to consult professionals if you notice warning signs.

For Teens

Reach out for help: Talk to a trusted adult, friend, or counselor when overwhelmed.

Build your skills: Practice relaxation techniques, journaling, or hobbies you enjoy.

Connect with others: Join clubs, groups, or volunteer to meet supportive others.

Identify safe spaces: Know where to go or who to call for immediate support.

**No one has to carry everything alone.
A strong support net is woven from small, everyday connections—
parents, peers, schools, and communities working together.**

Reach out to your school counselor for support.