



THE DR EDWARD KOCH
FOUNDATION



Workshop

PROTECTIVE FACTORS

- Reducing any risk
- Supportive family/friends
- Knowing when to ask for help
- Support agencies eg. Lifeline
- Looking after yourself
- Spiritual/cultural support
- Asking someone to stay with you
- Keeping busy
- Involving self in community eg. Volunteer work
- Stable finances/job
- Stable accommodation/transport
- An understanding doctor
- Hobbies (eg fishing, dancing)
- Positive movies, music and websites