



BEHAVIORAL HEALTH CRISIS RISK FACTORS

TRAUMA-INFORMED
MENTAL HEALTH LITERACY
FOR T.E.M.S. PROVIDERS

WHAT ARE **PROTECTIVE** FACTORS?

DYNAMICS OF AN INDIVIDUAL'S
LIFE THAT SERVE AS A BUFFER
BETWEEN AN INDIVIDUAL AND THE
POTENTIAL EFFECTS OF ADVERSITY

Protections
Competent
treatment

Post-traumatic growth,
future-oriented thinking,
spirituality and faith practices

Safe and healthy
relationships/supports and
environment/cultural influences

Help-seeking behaviors, healthy coping and
problem solving skills

Adaptability, resourcefulness, emotion regulation,
insight and self-awareness

Sense of life purpose and positive self-concept