Supportive family members	2nd leading cause of death of ages 15-24	Effective coping skills	Safety Plan	Life goals and high self-esteem
Access to care	Support from others	Resilience	;	Safe storage of lethal means
Strong sense of identity	The Power of Pause	**FREE**	A sense of purpose	Healthy Relationships
Hope	See something say something help someone	Leadership support	Healthy Lifestyle habits	Mattering
Effective problem solving skills	Able to identify reasons to live	Safe environment	Wingman Culture	Cultural religious or moral objection to suicide

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The Power of Pause	;	Safety Plan	Access to care	Resilience
Effective coping skills	Wingman Culture	Life goals and high self-esteem	Able to identify reasons to live	Safe storage of lethal means
Hope	A sense of purpose	**FREE**	Healthy Relationships	2nd leading cause of death of ages 15-24
Healthy Lifestyle habits	Safe environment	Supportive family members	Cultural religious or moral objection to suicide	See something say something help someone
Leadership support	Mattering	Strong sense of identity	Support from others	Effective problem solving skills

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Able to identify reasons to live	Safe environment	;	Mattering	A sense of purpose
Supportive family members	Hope	Leadership support	Support from others	Life goals and high self-esteem
Strong sense of identity	Cultural religious or moral objection to suicide	**FREE**	See something say something help someone	Healthy Lifestyle habits
The Power of Pause	Safe storage of lethal means	Safety Plan	Wingman Culture	Effective coping skills
Healthy Relationships	2nd leading cause of death of ages 15-24	Resilience	Access to care	Effective problem solving skills

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