What can help and what can make things harder

It's important to remember that things that protect people's mental health or put them at risk of experiencing a mental health concern can be very different for each person and community.

When you talk about this in your broadcast, try to include a variety of examples.

Also, be mindful that something that helps one person might actually make things harder for someone else. Keep this in mind when reading through the lists of research-based examples on the following page.

> "It is important that we acknowledge that we all need help at certain times and that trauma won't look like one thing, distress won't look like one thing."
>
> **Estela Fuentes**
> **Community broadcaster and Coordinator**
> **Mariposa Trails Cross Cultural Education Project and Suicide Prevention Network**

Risk factors (what can make things harder)

- Stress from adjusting to a new culture
- Racism
- Language barrier problems
- Feeling alone or excluded
- Not participating in social activities
- Being away from family
- Not having enough money for food, transport, housing or other services
- Stigma (negative beliefs or attitudes about a person or group of people based on a single factor).

Protective factors (what can help)

- Strong family ties
- Good friends and community connections
- Access to housing, jobs, education
- Feeling proud of cultural identity
- Being part of a religion
- Looking after yourself and others
- Taking part in community activities.

What next?

Read through the other topics and considerations for your broadcast and then use the template to write down your ideas.