

The logo for 'Vital Signs' is set against a dark blue background. The word 'Vital' is in a white, sans-serif font. The word 'Signs' is also in white, but the letter 'i' is replaced by a blue ECG (heart rate) line that starts under the 'i' and extends to the right, ending under the 's'. The top of the 'V' is stylized to resemble a stethoscope, with two blue circular earpieces at the top and a white line forming the rest of the letter.

**Vital  
Signs**

***National  
Physician Suicide  
Awareness Day***  
*September 17*



## **Encourage mental health reflection**

**Take the time to reflect on your own wellbeing, encourage others and share your hopes for future physicians.**



**Learn more at [NPSADay.org](https://NPSADay.org)**