

For Immediate Release

September 17, 2021

Media Contacts:

[FILL]

National Physician Suicide Awareness Day Brings Recognition to the Underlying Barriers to Mental Health Care for Physicians

[YOUR ORGANIZATION] invites physicians, their loved ones, their colleagues and other health organizations to speak up and create awareness of physician suicide

Learn more at NPSADay.org

*Hi-res assets [here](#)

LOCATION -- Today [YOUR ORGANIZATION] recognizes National Physician Suicide Awareness Day to break down the culture of silence around physician mental health and physician suicide. National Physician Suicide Awareness Day is a reminder and call to action to understand the underlying barriers to mental health care for physicians and share resources that can help those in distress seek mental health care.

While physician suicide was a crisis long before COVID-19, the pandemic has created a sense of urgency to better support physicians' mental health and wellbeing. Over the past year, over 6 in 10 physicians (61%) **reported** they experienced feelings of burnout. When left untreated, burnout can cause more cases of depression, anxiety, post-traumatic stress disorder (PTSD) and substance use, and lead to suicidal thoughts for physicians, directly impacting physician suicide rates.

By creating safe and accessible spaces where physicians feel comfortable talking about their mental health, we will reinforce that physicians can have struggles with mental health – just like everyone else – and engaging in open dialogue is the first step to getting the attention they need to seek care.

National Physician Suicide Awareness Day comes at a critical time over a year and a half into the COVID-19 pandemic. The pandemic has sharpened into focus the growing epidemic of physician mental health challenges, burnout and suicide.

Physicians have one of the highest suicide rates of any profession, and more than half of physicians know a physician who has either considered, attempted or died by suicide in their career. It's estimated that one million Americans lose their physician to suicide each year.

Now is the time to take steps to prevent physician suicide. On National Physician Suicide Awareness Day, we are committed to raising awareness of the physician suicide epidemic and galvanizing physicians, their colleagues and their loved ones to create a culture of wellbeing that prioritizes reducing burnout, safeguarding job satisfaction and viewing seeking mental health services as a sign of strength.

[INSERT YOUR OWN QUOTE HERE]

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About National Physician Suicide Awareness Day

National Physician Suicide Awareness Day (#NPSADay) is a reminder and call to action. It's a time to talk – and to act – so physicians' struggles don't become mental health emergencies. Prevention begins with learning the signs, starting the conversations, understanding the underlying barriers and sharing the resources that can help those in distress seek mental health care. National Physician Suicide Awareness Day takes place on September 17, 2021, with a mission to break down the culture of silence around physician mental health. It's time to talk — and to act — so physicians' struggles don't become mental health emergencies. Learn more at NPSADay.org

Brought to you by:



FIRST RESPONDERS FIRST

This document is intended for awareness-building and informational purposes only. If you need further guidance or are in a crisis, call the National Suicide Hotline at 1-800-273-TALK (8255) for free 24/7 support.