

General Theme

#NPSADay is today! Learn how to help prevent physician suicide at NPSADay.org.

I am recognizing #NPSADay to help prevent physician suicide. Join me and learn more at NPSADay.org.

Learn Theme

More than half of physicians know a physician who has either considered, attempted or died by suicide in their career. Help prevent physician suicide and learn the #VitalSigns. #NPSADay NPSADay.org

#NPSADay is a call to action to help prevent physician suicide. Learn the #VitalSigns. NPSADay.org

Share Theme

While physician suicide was a crisis long before COVID-19, the demands of the pandemic has created a sense of urgency to better support physicians' mental health. Share suicide prevention resources. #NPSADay NPSADay.org

#NPSADay is here to help everyone prevent physician suicide, including physicians, their colleagues, their loved ones and health organizations. Join us today and share suicide prevention resources. NPSADay.org

Prepare Theme

#NPSADay is here to help everyone prevent physician suicide. Completing a personal crisis management plan can help physicians navigate their mental health needs and prepare before a moment of crisis. NPSADay.org

Physicians: Take some time this #NPSADay to complete a personal crisis management plan. It can help you be prepared in case of a moment of crisis. NPSADay.org

Check In Theme

Reaching out can be a critical first step in helping a physician get the mental health support they need. Start a conversation with a physician this #NPSADay. NPSADay.org

We must stop the stigma surrounding seeking mental health care in the field of medicine. Join us today and check in with a physician. #NPSADay NPSADay.org

Educate Theme

#NPSADay is here to shine a light on the stigma of seeking mental health care in medicine. Understand the structural barriers that fuel this stigma at NPSADay.org

Understand Theme

Educating yourself is a first step in helping your organization or state address structural barriers that prevent physicians from seeking mental health services. #NPSADay NPSADay.org

Create Theme

Physicians have one of the highest suicide rates of any profession. Every health organization can help prevent this and create a culture of wellbeing. Join us this #NPSADay! NPSADay.org

One physician's story can help prevent another physician's mental health emergency. Join us in creating a culture of wellbeing this #NPSADay and inspired physicians to share with one another. NPSADay.org

Accounts to Tag in Your Posts

Instagram:

#PhysiciansFoundation
@drlornabreenheroesfoundation
@firstrespondersfirst

Twitter:

@PhysiciansFound
@drbreenheroes
#firstrespondersfirst

LinkedIn:

@The Physicians Foundation
@Dr Lorna Breen Heroes Foundation
#firstrespondersfirst

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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.