Vital Signs

National Physician Suicide Awareness Day

September 17

Learn more at NPSADay.org

#NPSADay

September 17

National Physician Suicide Awareness Day is a reminder and call to action. It's a time to talk—and act—so physicians' struggles don't become mental health emergencies.

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Learn the Vital Signs

Prevention begins with understanding the warning signs to look for in someone who may be suicidal.

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Share suicide prevention resources

Stressors are inevitable in the field of medicine, but many resources can help provide support.

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Prepare before a moment of crisis

Completing a personal crisis management plan can help physicians navigate their mental health needs.

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Check in with a physician

Reaching out can be a critical first step in helping someone get the support they need.

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

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Create a culture of wellbeing by being committed to reducing burnout, safeguarding job satisfaction and viewing seeking mental health services as a sign of strength.

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