

Stressors are inevitable in the field of medicine, but many resources can help provide support. The following are curated resources by the National Alliance on Mental Illness (NAMI) and American Foundation for Suicide Prevention (AFSP) to explore and access if you, a colleague or loved one needs support.

## NAMI Frontline Wellness

<https://www.nami.org/FrontlineHealthCare>

### Wellness Resources

As a health care professional, you already know the importance of eating healthy, exercising and doing your best to get [quality sleep](#) — no small feat given the negative [impacts of shiftwork](#). Keep up the good work and don't forget to add resources regularly.

- [Tips](#) for healthy habits when working shifts.
- [Healthy nutrition](#) for shift workers.
- [Keep up](#) with your diet and exercise and track nutrition needs.
- Many people carry tension and pain in their shoulders and neck. [Simple stretches](#) can help with that.
- Sleep can be elusive, but it is essential. Prioritizing sleep and creating a restful environment are still possible with these [sleep tips](#).
- The Sleep Matters Initiative at Brigham Health offers a wealth of [education and tools](#) for sleep hygiene.
- Harvard's Division of Sleep Medicine [discusses](#) how to improve shift and sleep schedules.
- There are a variety of apps to help [track sleep, improve relaxation](#) and help with [circadian rhythm](#).
- [#FirstRespondersFirst Microsteps](#) – Small, actionable, science-backed steps from #FirstRespondersFirst that will help you take care of yourself and boost your resilience as you're taking care of others

**You can also contact the NAMI HelpLine between 10 am and 8 pm ET at 800-950-6264 to access confidential, professional support. For immediate assistance, text "SCRUBS" to 741741 at any time.**

## Peer Support Resources

A trained peer — someone who also wears scrubs and knows exactly what you're going through — can be an invaluable resource. They understand the challenges and frustrations of the profession and are able to lend support in tough times. Peer support offers you a shared perspective with a skilled response.

- [PeerRxMed](#) is a free peer-to-peer program for physicians and other health care professionals. PeerRxMed offers support, connection, encouragement, resources and skill building for optimal well-being.
- [Physician Support Line](#) helps physicians and medical students navigate personal and professional challenges through a volunteer network of psychiatrists.
- [American Academy of Experts in Traumatic Stress](#) offers online support groups for emergency responders and health care workers.
- [Disaster Response Assets Network](#) offers free online peer support groups for frontline responders and health care professionals.

## Confidential and Professional Support

There are several free, confidential and virtual support services available for frontline health care professionals.

- [Therapy Aid Coalition](#) provides pro-bono therapy for frontline health care professionals, including individual and group support.
- [The Emotional PPE Project](#) connects health care professionals with licensed mental health professionals who can help. This service is free and does not require insurance.
- [COVID Mental Health Support](#) from the Pandemic Crisis Services Response Coalition offers free mental health support, searchable by area.
- [The Battle Within](#) provides free therapy to medical personnel, first responders and veterans. Private therapists are available to work with individuals in crisis, or who are experiencing grief, anxiety, stress or trauma.
- [911 At Ease International](#) provides access to free trauma-informed counseling for frontline responders and families, including police, fire, paramedics, emergency medical personnel and other essential agencies.

## Other Resources

- [The All Clear Foundation](#) is a comprehensive resource database dedicated to improving the life expectancy and well-being of frontline responders and their families.
- [Married to Doctors Podcast](#) discusses the challenges faced by the spouses and families of physicians.
- The Center for the Study of Traumatic Stress offers [advice](#) for families of health care professionals.

- [The Schwartz Center for Compassionate Healthcare](#) offers information, tips, resources and weekly webinars for health care professionals.
- [Covid Calm](#) is available for all health professionals, offering free, mini-workshops on stress management by experienced trainers and therapists.
- [Massachusetts General Hospital](#) offers a guide to COVID-19 Mental Health Resources for Health Care Providers.
- [Road to Resilience Podcast](#) is a presentation series on resilience, from the Icahn School of Medicine at Mount Sinai.
- [Heroes Health](#) is a free mobile app from the UNC School of Medicine. It helps health care professionals and first responders monitor their mental health and gain access to mental health resources.
- [CrewCare](#) is a resilience focused app for first responders and health care professionals.
- [American Foundation for Suicide Prevention \(AFSP\)](#) offers interactive screening programs for suicide prevention, tailored for medical schools, hospitals and health systems.

## American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/healthcare-professional-burnout-depression-and-suicide-prevention>

### Resources for Healthcare Professionals and Medical Educators

- [Accreditation Council for Graduate Medical Education \(ACGME\) Resources](#) – Resources to share with programs, institutions, residents, and fellows that promote a culture of physician well-being and provide support in the case of burnout, depression or suicide.
- [American Medical Student Association](#) – The oldest and largest independent association of physicians-in-training in the United States.
- [Breaking the Culture of Silence on Physician Suicide](#) – A sharable graphic and information about physician suicide from the National Academy of Medicine.
- [Creating a Safety Net: Preventing Physician Suicide](#) – An article by AFSP Chief Medical Officer Christine Moutier, M.D., for the Association of American Medical Colleges' AAMC News.
- [Facilitating Help-seeking Behavior Among Medical Trainees and Physicians Using the Interactive Screening Program](#) – Article in the Journal of Medical Regulation
- [Federation State Physician Health Programs COVID-19 Physician Support Resources](#) - Virtual recovery groups, education sessions, wellness resources, and more
- [Make the Difference: Preventing Medical Trainee Suicide \(Video\)](#) – A 4-minute PSA from Mayo Clinic and the American Foundation for Suicide Prevention that explains how everyone can help prevent suicide by being alert for the signs of depression and escaping stress and how to be most helpful. This film can be used in medical school physician wellness, humanism and professionalism curricula.

- [\*\*Reducing the Stigma – Faculty Speak Out About Suicide Rates Among Medical Students, Physicians\*\*](#) – An article by Dana Cook Grossman, for the Association of American Medical Colleges' AAMC News.
- [\*\*Physician Mental Health – An Evidence-Based Approach to Change\*\*](#) – Article in the Journal of Medical Regulation
- [\*\*Preventing Physician Distress and Suicide Toolkit\*\*](#) – Tools for identifying at-risk physicians and facilitating access to care from the American Medical Association.
- [\*\*Preventing Suicide in Physicians, Residents and Medical Students \(Video\)\*\*](#) – Dr. Christine Moutier addresses the American Psychiatric Association, May 20, 2016.
- [\*\*Resources to Support the Health and Well-being of Clinicians During COVID-19\*\*](#) - Well-being strategies and other resources from the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience.
- [\*\*Suicide Prevention in Healthcare Settings\*\*](#) – A discussion from a range of expert perspectives, including Dr. Jill Harkavy-Friedman, AFSP's vice president of research; Christine Moutier, M.D., AFSP's chief medical officer; David Jobes, Ph.D., professor of psychology at The Catholic University of America; and Ms. Diana Cortez Yanez, a leading voice from the lived-experience perspective. Topics include evidence-based suicide assessments, suicide-focused treatments, and decreasing malpractice risk through sound clinical practice. Two (2) Continuing Education Credits are available at no charge for Psychologists, Social Workers, and Professional Counselors. To be eligible for these 2 CEs you must watch the full on-demand recording on the [\*\*CAMS-care website\*\*](#).
- [\*\*Suicide Risk in Physicians\*\*](#) – Emergency Physician Dr. Mel Herbert produces a popular podcast called EMRAP for healthcare professionals in Emergency Medicine. In this 26-minute podcast he speaks with Dr. Christine Moutier about suicide risk and prevention for physicians and trainees.
- [\*\*Update on the UC San Diego Healer Education Assessment and Referral \(HEAR\) Program\*\*](#) – Article in the Journal of Medical Regulation
- [\*\*Why Physicians Die by Suicide\*\*](#) – Dr. Michael Myers guides readers through the variety of factors that contribute to physician suicide. He then makes practical, across-the-board recommendations in an effort to prevent this tragedy, arriving at the encouraging conclusion that everyone has a role to play in saving a doctor's life.

## Prevention Programs

- [\*\*Interactive Screening Program \(ISP\)\*\*](#) – AFSP's signature intervention program, the ISP is an online tool used by medical schools, including colleges of veterinary medicine, hospitals and health systems, across the country as a method of connecting to students, residents and faculty, and encouraging them to utilize available mental health services before crises emerge. ISP is listed as a Best Practice for Suicide Prevention and is an integral part of a comprehensive suicide prevention and mental health promotion strategy.<sup>1,2,3,4,5</sup>
- [\*\*Intervention to Promote Physician Well – being\*\*](#) (West, C.P., et al. *JAMA Intern Med.*, 2014)
- [\*\*Stanford's Burnout Prevention Approach\*\*](#) (Schulte, B., *Washington Post*, 2015)

## Postvention Resources

- [After a Suicide: A Toolkit for Medical Schools](#) provides guidance in the event of a death by suicide of a medical student. This toolkit contains strategies for helping the medical community to grieve, to mitigate the risk of contagion, and to attend to the main details of crisis response, communication, and next steps for prevention. This toolkit was created by AFSP in partnership with the Mayo Clinic.
- [After a Suicide: A Toolkit for Residency/Fellowship Programs](#) provides guidance in the event of a trainee's death by suicide within a physician residency or fellowship program. This toolkit contains strategies and guidance for hospital and program leaders, helping the community to grieve, mitigate the risk of contagion, and to attend to the main details of crisis response, communication, and next steps for prevention. This toolkit was created by AFSP in partnership with the Mayo Clinic.

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.