

We can all help prevent physician suicide.

Prevention begins with understanding the warning signs to look for in someone who may be suicidal. With the HEART acronym, we hope to help you easily remember these signs.

Visit NPSAday.org to learn more.



VITAL SIGN 1

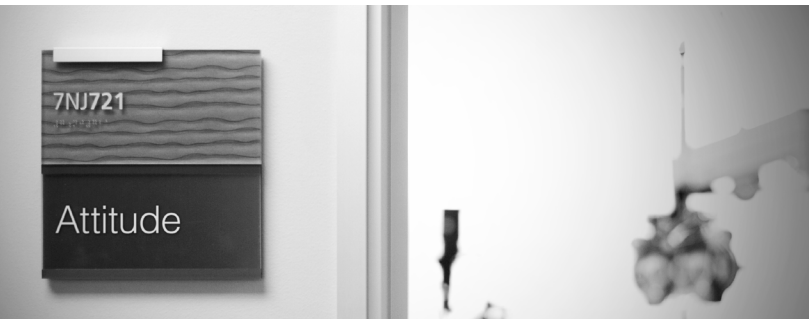
Health

- Increasing the use of medications and/or alcohol or illicit drugs
- Talking about wanting to hurt themselves or die

VITAL SIGN 2

Emotions

- Experiencing extreme mood swings
- Feeling hopeless or having no purpose



VITAL SIGN 3

Attitude

- Being negative about professional and personal life
- Having inappropriate outbursts of anger or sadness

VITAL SIGN 4

Relationships

- Withdrawing or isolating themselves from family, friends and coworkers
- Talking about being a burden to others



VITAL SIGN 5

Temperament

- Acting anxious or agitated; behaving recklessly
- Being uncomfortable, tired or in unbearable pain

Brought to you by:



**FIRST
RESPONDERS
FIRST**

This document is intended for awareness-building and informational purposes only.

If you or someone you know is struggling or in crisis, call or text 988 or chat 988lifeline.org