

Today is National Physician Suicide Awareness Day (#NPSADay)! #NPSADay is a reminder and a call to action to make time to talk – and to act – so physicians' struggles don't become mental health emergencies. [ORG NAME] is proud to take action to prevent physician suicide by sharing resources to help improve physician wellbeing, including suicide prevention resources, tips for starting important conversations about mental health, a crisis management plan and more. Today, help us recognize #NPSADay by visiting [NPSADay.org](https://NPSADay.org) and learn how you can take action.

We must shift the current practice landscape to better support a culture of wellbeing and come together to take the necessary actions to reduce burnout, safeguard job satisfaction, remove barriers to seeking mental health services and destigmatize seeking these services.

There are six actions to help reduce physician burnout and ensure physicians' struggles don't become mental health emergencies.

- Learn the Vital Signs
- Share suicide prevention resources
- Prepare before a moment of crisis
- Check in with a physician
- Understand and remove structural barriers
- Create a culture of wellbeing

Take action today! Everyone has a role in reducing physician suicide, and you can learn about yours at [NPSADay.org](https://NPSADay.org).

Brought to you by:



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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](https://988lifeline.org)