

For Immediate Release

September 17

Media Contacts:

[FILL]

[YOUR ORGANIZATION] Takes Action to Prevent Physician Suicide

National Physician Suicide Awareness Day encourages individual and system action to better support physicians' mental health and wellbeing

LOCATION — Today [YOUR ORGANIZATION] honors National Physician Suicide Awareness Day (NPSA Day) to help shift the health care system from one where physicians think burnout, depression or suicidal thoughts are something they must overcome by themselves to one where they see the support system around them. As a NPSA Day Supporting Organization, [YOUR ORGANIZATION] is [INSERT SUMMARY SENTENCE OF HOW ACTIVATING].

As we move further from the onset of the pandemic, physicians are still facing the same issues they were a year ago: six in 10 feel inappropriate feelings of anger, tearfulness or anxiety, one-third feel hopeless or that they have no purpose and nearly half report withdrawing from family, friends and co-workers. These feelings can lead to burnout and, when left untreated, can cause more cases of depression, anxiety, post-traumatic stress disorder (PTSD) and lead to suicidal thoughts for physicians, directly impacting physician suicide rates.

Physicians have one of the highest suicide rates of any profession. More than half of physicians know a physician who has either considered, attempted or died by suicide in their career. It's estimated that one million Americans lose their physician to suicide each year. Further, physicians also do not know where to go for help—more than one in three physicians do not believe that suicide prevention resources for physicians exist and are easy to access.

However, physicians have identified who and what supports their mental health—confidential therapy, counseling or support phone lines. Now is the time to get these mental health resources in the hands of physicians. Access and share the [suicide prevention resources](#) for

immediate and ongoing physician support and the resources health and hospital systems can use to improve physician wellbeing.

[INSERT 2-3 SENTENCES ABOUT FURTHER DETAILS OF YOUR ORGANIZATION'S NPSA DAY ACTIVATION.]

[INSERT QUOTE FROM YOUR ORGANIZATION'S LEADER ON THE IMPORTANCE OF AMPLIFYING NPSA DAY/ANY ANECDOTES ON HOW PHYSICIAN SUICIDE AFFECTS YOUR COMMUNITY]

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About National Physician Suicide Awareness Day

National Physician Suicide Awareness Day (#NPSADay) is a reminder and call to action. It's a time to talk – and to act – so physicians' struggles don't become mental health emergencies. Prevention begins with learning the signs, starting the conversations, understanding and removing the underlying barriers and sharing the resources that can help those in distress seek mental health care. National Physician Suicide Awareness Day is an annual event that takes place on September 17, with a mission to break down the culture of silence around physician mental health. Learn more at NPSADay.org.

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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