

THIS CONTENT CAN BE USED STARTING SEPTEMBER 14, 2023

General Theme

- We all have a role to play in preventing #PhysicianSuicide. Ahead of #NPSADay, learn the seven actions you can take at NPSADay.org.
- Together, we can prevent physicians' struggles from becoming #MentalHealth emergencies. Learn the #VitalSigns, share suicide prevention resources and more: NPSADay.org #NPSADay #PhysicianSuicide

Learn the Vital Signs

- Did you know physicians have one of the highest suicide rates of any profession? By learning the #VitalSigns, we can all help to prevent #PhysicianSuicide. Learn more at NPSADay.org #NPSADay
- Health. Emotions. Attitude. Relationships. Temperament. The HEART acronym can help you remember the warning signs or #VitalSigns to look for in #physicians who may be struggling. NPSADay.org #NPSADay
- The #VitalSigns are warning signs to look for in yourself and others. In honor of #NPSADay, learn these signs to help prevent #PhysicianSuicide today and every day. NPSADay.org
- More than half of physicians know a physician who has considered, attempted or died by suicide. Knowing the warning signs can help save lives. Learn the #VitalSigns to prevent #PhysicianSuicide at NPSADay.org #NPSADay

Encourage Mental Health Reflection

- This #NPSADay, take the time to reflect on your own wellbeing, to encourage others and to share your hopes for future #physicians. Learn more about Dear FutureDoc at NPSADay.org
- Dear FutureDoc encourages medical students, residents and physicians to take the time to reflect on their #MentalHealth and wellbeing. Use the Note to Self to write a personal message of encouragement: https://npsaday.org/wp-content/uploads/2023/08/PF23_DearFutureDoc_EncourageMentalHealthReflection_V1h.pdf #NPSADay
- Sending a message of encouragement to a peer or colleague is a small step you can take to let physicians, residents and medical students know they are valued. Use the Dear FutureDoc Note to Others: https://npsaday.org/wp-content/uploads/2023/08/PF23_DearFutureDoc_EncourageMentalHealthReflection_V1h.pdf #NPSADay
- What are your hopes for #physicians in 20 years? Use the Dear FutureDoc Selfie Sign to share how you'd like to see physician wellbeing change by 2043: https://npsaday.org/wp-content/uploads/2023/08/PF23_DearFutureDoc_EncourageMentalHealthReflection_V1h.pdf #NPSADay

Share Suicide Prevention Resources

- Prevention resources can connect physicians, colleagues or loved ones in a mental health crisis to the help they need. Find a list of

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resources on NPSADay.org and share these to help support physician #wellbeing and #MentalHealth. #NPSADay

- DYK: Nearly 4 in 10 #physicians disagree that suicide prevention resources exist and are easy to access. Visit NPSADay.org to find resources for immediate and ongoing support. #NPSADay
- On #NPSADay and beyond, share the prevention resources that can help #physicians in distress. Visit NPSADay.org to access resources for immediate & ongoing support.
- One-fifth of #physicians know a peer who has considered suicide in the past year. Sharing prevention resources can save lives. Learn more at NPSADay.org #NPSADay
- @PhysicianLine is a national, free & confidential support line that provides peer support for #physicians and medical students. Call 1-888-409-0141 from 8am to 1am every day, no appointment necessary. #NPSADay
- If you or someone you know may be considering suicide, call or text 988 to contact the 988 Suicide and Crisis Lifeline. For a list of resources to support #physician mental health, visit NPSADay.org. #NPSADay
- @NAMICommunicate offers free 24/7 mental health support for #physicians and health care professionals. Text "SCRUBS" to 741741 for help. #NPSADay
- If you are a #physician needing mental health support, @TherapyAidInc offers free short-term therapy for physicians, health care professionals and first responders: therapyaid.org. #NPSADay
- @EmotionalPPE connects physicians and health care workers with licensed mental health professionals who can help. This service is free and does not require insurance, sign up today: emotionalppe.org. #NPSADay
- #DYK each state has its own #Physician Health Program? Visit fsphp.org/state-programs to find yours today. #NPSADay
- Sometimes it's helpful to talk to your peers about mental health struggles. Visit peerxxmed.com for free peer-to-peer support that offers connection, encouragement, resources and skill building. #NPSADay
- The ISCI Playbook provides guidance for #healthcare leaders to assess the #MentalHealth needs of their workers and implement long-term strategies: icsi.org/programs/mental-health-support-for-the-healthcare-workforce/mental-health-playbook/ #NPSADay
- One way to prevent #physician suicide is to learn the risk factors. To act on #NPSADay, take the @AmerMedicalAssn learning module to identify and support at-risk physicians: edhub.ama-assn.org/steps-forward/module/2702599
- In honor of #NPSADay, take the @AmerMedicalAssn learning module to learn how to use Stress First Aid to improve wellbeing on an individual and organizational level: edhub.ama-assn.org/steps-forward/module/2779767
- Physician wellbeing requires organizational change. Check out the @ahahospitals guide for proven strategies to prevent #PhysicianSuicide and improve the wellbeing of your healthcare workforce.
- Are you a #healthcare leader looking to improve physician satisfaction and reduce burnout? Check out the Joy in Medicine program from the @AmerMedicalAssn: ama-assn.org/practice-management/physician-health/joy-medicine-health-system-recognition-program #NPSADay
- Medical schools, hospitals and health systems can implement The Interactive Screening Tool, an online program from @afspnational, which connects #physicians to mental health services before a crisis: afsp.org/interactive-screening-program/ #NPSADay
- It is important for #physicians to set aside time to talk about the social and emotional issues they face. Health system leaders can implement @theSCCH Schwartz Rounds program to help build morale & remind physicians of their purpose: theschwartzcenter.org.

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[org/programs/schwartz-rounds/](https://theschwartzcenter.org/programs/schwartz-rounds/) #NPSADay

- As a health system leader, what programs can you implement to support #physicianwellbeing? @theSCCH Stress First Aid provides a framework for psychological peer support, with a set of actions designed to promote self-care and coworker support: theschwartzcenter.org/programs/stress-first-aid-landingpage/ #NPSADay

Prepare Before a Moment of Crisis

- It can be difficult for physicians to reach out for #MentalHealth support when they need it. Preparing a personal crisis management plan can help. Learn more at NPSADay.org #NPSADay #PhysicianSuicide
- Reaching out for support is critical to wellbeing. Physicians can prepare before a moment of crisis by identifying warning signs, coping strategies and more. Find resources at NPSADay.org. #NPSADay #PhysicianSuicide
- 6 in 10 #physicians often have feelings of burnout. Preparing before a moment of crisis can help prevent burnout from becoming a #MentalHealth emergency. Access resources at NPSADay.org #NPSADay

Check In with a Physician

- Checking in with a #physician can be the first step to help them get the #MentalHealth support that they need. Learn how to prepare for these essential conversations at NPSADay.org #NPSADay
- Over 40% of #physicians report withdrawing from family, friends and coworkers. Remember to check in with physicians and make sure that they are getting the support they need. Learn more at NPSADay.org #NPSADay
- In the past year, 7 in 10 medical students have checked in with a peer they believed was experiencing #MentalHealth distress. These conversations are critical. Learn more about how to prepare at NPSADay.org

Remove Intrusive Mental Health Questions

- Four in 10 physicians are afraid or know another physician fearful of seeking #MentalHealth care because of intrusive licensing and credentialing applications. Take the critical steps to remove this barrier: drlornabreen.org/wp-content/uploads/2023/05/ALLIN_Audit-Change-Communicate-Toolkit_5.3.23.pdf #NPSADay
- Six in 10 physicians report feelings of burnout, yet only 19% seek #MentalHealth services. Intrusive application questions prevent physicians from seeking care. Learn about solutions: drlornabreen.org/wp-content/uploads/2023/05/ALLIN_Audit-Change-Communicate-Toolkit_5.3.23.pdf #NPSADay
- Audit. Change. Communicate. On #NPSADay, take the steps to remove intrusive #MentalHealth questions from licensing and credentialing applications, so that #physicians can get the care they need. drlornabreen.org/wp-content/uploads/2023/05/ALLIN_Audit-Change-Communicate-Toolkit_5.3.23.pdf

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Create a Culture of Wellbeing

- As a #healthcare leader, creating a culture of wellbeing is a critical step you can take to prevent #physiciansuicide. Learn more at NPSADay.org #NPSADay #physicianburnout
- On #NPSADay and beyond, we can all make a difference in preventing #physiciansuicide by contributing to a culture of wellbeing. Learn more at NPSADay.org #physicianburnout
- Only 3 in 10 physicians agree that their workplace prioritizes wellbeing. As a #healthcare leader, how can you create a culture of wellbeing in your organization? Learn more at NPSADay.org #NPSADay

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All In
WellBeing First for Healthcare

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