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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 physician 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].

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, and it is estimated that a million Americans lose their physician to suicide each year.

While there are some signs of improvement, the overall state of wellbeing remains low - with residents and medical students reporting an even lower state of wellbeing.

- For the fifth year in a row, more than half of physicians still report they often have feelings of burnout, compared to four in ten before the pandemic in 2018.
- More than one-third (34%) of physicians felt hopeless or that they have no purpose.
- Nearly half of physicians (46%) 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.

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However, physicians, residents and students have identified solutions they need to improve their mental health and wellbeing. Now is the time to get mental health resources in the hands of current and future physicians, to remove intrusive mental health questions from licensing and credentialing applications and to take action to create a culture of wellbeing in medical schools, residency programs and workplaces.

[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]

For more information about actions that you can take to prevent physician suicide, as well as to access resources, visit NPSADay.org.

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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, removing intrusive mental health questions 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