

## Physician Suicide Prevention: Listening to the Voices of Experience

December 7<sup>th</sup>, 2020; 4:00 PM - 5:45 PM EDT

### Resource List

#### **JAMA Steps Forward**

Suicide and support resources targeted to physicians

<https://edhub.ama-assn.org/steps-forward/module/2702599>

#### **Suicide Prevention Resource Center**

Clearinghouse for suicide prevention interventions

<https://www.sprc.org/>

<https://www.sprc.org/keys-success/evidence-based-prevention>

<https://www.sprc.org/settings/workplaces>

#### **American Association of Suicidology/American Foundation for Suicide Prevention/United Survivors: Workplace Suicide Prevention**

A wealth of information for workplace suicide prevention

<https://workplacesuicideprevention.com/>

#### **American Foundation for Suicide Prevention: Interactive Screening Program**

Model program that organizations can implement to confidentially identify and support clinicians in distress

<https://afsp.org/interactive-screening-program>

#### **AFSP Physician/HCP Resources**

<https://afsp.org/healthcare-professional-burnout-depression-and-suicide-prevention>

#### **Crisis Services**

**National Suicide Prevention Lifeline**: This national network of local crisis centers provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. Call 800-273-TALK or chat online

**Crisis Text Line**: free, 24/7 support for those in crisis. Text 741741 to text with a trained crisis counselor

**Veterans Crisis Line**: a free, confidential resource that is available to anyone, even if you're not registered with VA or enrolled in VA health care. Call 800-273-8255 press 1, text 838255, or chat online

**Physician Support Line**: 888-409-0141 physiciansupportline.com

**Emotional PPE Project** (free therapy for frontline HCPs): emotionalPPE.org

**Project Parachute**: project-parachute.org

**National Academy of Medicine Clinician Resources (COVID)** <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

#### **Federation State Physician Health Programs**

(virtual recovery groups + more)

<https://www.fsphp.org/support-of-clinicians-during-covid-19>

#### **Postvention Resources:**

**Suicide Prevention Resource Center**: <https://www.sprc.org/resources-programs/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath>

A wealth of resources for individuals and healthcare organizations to use in the prevention of HCP suicide and overall mental health promotion efforts.