Physicians are at Risk

The rate of suicide among doctors is roughly twice that of the general population, and one of the highest among any profession.

6 Ways Hospitals Can Help Clinicians

1. Make mental health support accessible in multiple ways
2. Equip clinicians to have meaningful conversations with each other
3. Update policies and procedures to maintain dignity and privacy
4. Institute emotional first aid after adverse events
5. Redesign and streamline event review process to better support clinicians
6. Institute reflective and short center rounds

Real-World Examples of COVID Staff Supports

| Access to mental health resources | Making healthy food easily available | Short-term housing options |

Creating a Culture Where Physicians Can Thrive

1. Emotional aid after adverse events
2. Provider litigation resources
3. Reflective rounds
4. Coaching and professional development
5. Gratitude projects

The Education Development Center’s Suicide Prevention Resource Center provides technical assistance, training, and materials to increase the knowledge and expertise of professionals serving people at risk of suicide. Find resources to address the issue of burnout and well-being, including a well-being playbook developed by the AHA Physician Alliance.

1. Blog | Shining a Light on Physician Suicide
2. Podcast | Be Well: Preventing Physician Suicide
3. AHA Resource | Caring for Our Health Care Heroes
4. Case Study | Preventing Physician Suicide: Center for WorkLife Wellbeing