



National Physician Suicide Awareness Day

Mental Health Resources

National Physician Suicide Awareness Day
September 17

*Shine a light. Speak its name.
There is no need to suffer alone.
There are effective treatment options.
#BeThe1To*

Medicine is a team sport. You matter. We are in this together.

Reflect today on your health and the health of your colleagues. #BeThe1To recognize warning signs of suicide risk and respond effectively. Visit www.bethe1to.com to learn more about how to help someone in distress.

Mental Health Services

- The **National Suicide Prevention Lifeline** provides free and confidential 24/7 support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **Dial 988.**
- **Crisis Text Line:** 24/7 support for those in crisis via confidential text messaging. **Text HOME to 741741**

Screening Tools*

- National Institutes of Health: [Alcohol or Substance Abuse Screening](#)*
- Mental Health America: [Anxiety Screening](#)*
- Mental Health America: [Depression Screening](#)*
- Anxiety & Depression Association of America: [Obsessive-Compulsive Disorder Screening](#)*

General Information on Suicide

- [Recognizing and Addressing Signs of Suicide](#)
- [Suicide Statistics](#)
- [Understanding Mental Health Today](#)

**These screening tools are provided to aid caregivers in self-reflection and to identify the potential need for additional services. These tools are not intended to replace the advice of trained professionals and should not be constructed as an endorsement by or affiliation with ChristianaCare.*





Articles and Resources

- [Gov. John Carney Signs Bill at ChristianaCare to Support Doctors Seeking Help for Mental Health](#). The law amends the Delaware code to remove mandatory reporting requirements for Delaware physicians who seek treatment for mental or physical health issues. ChristianaCare has been a strong advocate for this bill.
- [American Foundation for Suicide Prevention](#): Committed to advocacy, education, support, and the prevention of suicide.
- [Black Bile](#): Website dedicated to physicians with depression, and those who care about them.
- [Healing the Healer: Providing a Path Towards Physician Suicide Prevention](#): Explores the issues physicians are faced with and what role organizations and colleagues can play to prevent tragic events from occurring.
- [Nurse Suicide: Breaking the Silence](#): A study investigating prevalence, risk and preventive factors of suicide among nurses.
- Out of the Straightjacket [article](#) and [video](#): A physician's story of depression and recovery.
- [Preventing Physician Distress and Suicide](#): Learning module Identifying and supporting at-risk physicians.
- [Understanding Psychotherapy and How it Works](#)
- [Why Should You Go To Therapy?](#): An article explaining what therapy does for you and what it reveals about the trials of being human.

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