

PREVENTING PHYSICIAN SUICIDE

www.aha.org/physicians

PHYSICIANS ARE AT RISK¹



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 CLINICIANS²

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 SUPPORTS³



Access to mental health resources



Making healthy food easily available



Short-term housing options

CREATING A CULTURE WHERE PHYSICIANS CAN THRIVE⁴

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.



AHA Physician Alliance
Shaping the future of care through collaboration.

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](#)