

2020 Physician Suicide Prevention Awareness Resources

National Suicide Lifeline: 1-800-273-TALK (8255)

Text "TALK" to 741741 – Crisis Text Line

Endorsed by American Foundation of Suicide Prevention. Connect to a crisis counselor 24/7
<https://www.crisistextline.org/>

PhysicianSupportLine.com 1-888-409-0141

Confidential physician peer support, staffed by psychiatrists <https://www.physiciansupportline.com/>

Be the 1 to... Steps to take action and save lives

Created by the National Suicide Prevention Lifeline, which is funded by the Substance Abuse and Mental Health Services Administration & administered by Vibrant Emotional Health <https://www.bethe1to.com/>

2020 Suicide Prevention Summit (co-hosted by AAS, the Mental Health Academy and the American Mental Health Counselors Association) brings together 11 highly respected experts on suicide prevention into one online specialized event.

The Summit will cover a range of suicide prevention topics, including suicide in schools, assessment models, men's suicide prevention, postvention for caregivers, zero suicide and more.

Registration is entirely free, and sessions will be streamed online – directly to you. (Available on demand August 31 – September 20)

You can learn more and register here: <https://www.mentalhealthacademy.net/suicideprevention/aas>

Suicidal Ideation: What to do when going towards the cliff's edge

Council of Residency Directors in Emergency Medicine

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<https://cordemblog.com/2018/09/10/suicidal-ideation-what-to-do-when-going-towards-the-cliffs-edge/>

Workplace Suicide Prevention

<https://workplacesuicideprevention.com/take-action/take-the-pledge/>

For help: Independent physician practices may have an EAP benefit. Contact the Human Resources department. They can also call the member services on the back of their insurance card.

For Physicians and Clinicians Employed by the Health System:

Employee Assistance Program

EAP may be able to assist you with a wide variety of services, from finding solutions to personal and family issues to supporting you in completing daily life responsibilities. EAP is a confidential resource providing counseling, information and referral services to help address personal, family or work-related concerns.

EAP services are provided at no cost to you.

Your EAP may offer*:

Work-Life Balance Services

- Child Care Information
- Elder Care Information
- Financial Concerns
- Relocation
- College Planning
- Adoption Information
- Time/Stress Management

Counseling Services

- Marital Relationships
- Substance Abuse
- Grief and Loss
- Stress Management
- Parent/Child Relationships
- Difficult Emotional Issues

Employee Assistance Program (EAP) for physicians employed by Trinity Health:

Contact Carebridge 24 hours a day, seven days per week at **(800) 437-0911** or visit www.myliferesource.com to access online resources.

Enter the Trinity Health access code: **BKKR5** to create a personal account on your first visit to the website.

You can also call the number on the back of your medical insurance card for assistance identifying an in-network behavioral health physician.