

Crisis Resources

The **National Suicide Prevention Hotline**, 1-800-273-8255, provides free and confidential support 24 hours a day, 7 days a week for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Website: <https://suicidepreventionlifeline.org/>

The **Pennsylvania Physicians' Health Program** serves eligible health care professionals struggling with substance use disorders, mental illness and other behavioral health concerns. Services are confidential. PHP staff can be reached by phone Monday through Thursday from 7:30 a.m. to 5 p.m. at (866) 747-2255 or (717) 558-7819, Friday (emergency calls only) at (717) 558-7817, and by email at php-foundation@pamedsoc.org.

Website: <https://www.foundationpamedsoc.org/physicians-health-program/php-services>

LiveWell Physicians is a peer-led support group for mental health and living well. They host an online support group on Wednesdays at 7 PM EST. Physicians can join at www.livewellclinicians.org. Support group services are confidential.

The **American Association of Suicidology** is hosting a day of Facebook interviews for National Physician Suicide Awareness Day on Thursday, Sept. 17. You can follow their page for interviews with suicide prevention experts talking about physician suicide and what we can do to help.

Website: <https://suicidology.org/>

The **American Foundation for Suicide Prevention** has compiled postvention resources, facts about mental health and suicide, resources for health care professionals and medical educators, and a list of prevention programs.

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

The **American Psychiatric Association Foundation's Center for Workplace Mental Health** shared suicide prevention and response tools.

Website: <https://workplacentalhealth.org/Mental-Health-Topics/Suicide-Prevention>

Emotional PPE is an organization that offers free individual therapy for health care workers during the COVID-19 pandemic. The support is confidential.

Website: <https://www.emotionalppe.org/>

AMA's **StepsForward** provides a checklist for helping identify physicians who may be at risk of suicide, helping facilitate access to appropriate care, and answering common questions about physician distress and suicidal behavior.

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

Dr. Dike Drummond from **TheHappyMD.com** shares this five-minute video and walks you through some tips on how to reach out to a fellow physician or other human in distress.

Website: <https://www.thehappymd.com/>

Crisis Resources Continued

Vital Signs by The Physicians Foundation lists five vital signs to watch for in colleagues and has a nice conversation tips sheet on having a difficult conversation with somebody you recognize is struggling.

Website: <https://physiciansfoundation.org/physician-wellbeing/vitalsigns/>

Physician Suicide: A Call to Action is an article that was published in May/June 2019 in *Missouri Medicine*, the journal of the Missouri State Medical Association. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6690303/>

The *Canadian Medical Association Journal* published these **five things to know about physician suicide** in May 2019.

Website: <https://www.fsphp.org/assets/CMAJ%20physician%20suicide%202019.pdf>

They also produced a **podcast** about physician suicide.

Website: <https://www.fsphp.org/assets/CMAJ%20physician%20suicide%202019.pdf>

Burnout Resources

"A Physical and Psychosocial Response for a Post-COVID-19 Workplace"

Presented by PHP Medical Director Edwin Kim, MD, MRO

Website: <https://www.youtube.com/watch?v=5oAsVyQ96yc>

Well-being in Academic Medicine, a repository from the AAMC, lists dozens of articles, books, videos, and other resources, including many related to COVID-19.

Website: <https://www.aamc.org/news-insights/wellbeing/faculty>

The National Academy of Medicine's **Action Collaborative on Clinician Well-being and Resilience** provides pandemic-related resources.

Website: <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

A learning module from the American Medical Association describes how to identify at-risk physicians and facilitate access to treatment.

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

The Center for the Study of Traumatic Stress of the Uniformed Services University provides COVID-19 fact sheets and webinars for health care providers and leaders.

Website: <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

The **Federation of State Physician Health Programs (FSPHP)** updates resources for physicians during COVID-19.

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

The **Accreditation Council for Graduate Medical Education (ACGME)** suggests their Aware app based on cognitive behavioral therapy for medical trainees.

Website: <https://apps.apple.com/us/app/acgme-aware/id1458893753>

Burnout Resources Continued

AMA tips for preventing burnout.

Website: <https://www.ama-assn.org/delivering-care/public-health/6-ways-address-physician->

AMA suggestions on increasing wellness efforts at your institution (be a champion locally):

Website: <https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19>

Psych Hub: Free resource hub to help people address their mental health needs during the COVID-19 pandemic.

Website: <https://psychhub.com/covid-19/>

Microsteps for Self-Care from Harvard:

Website: <https://thriveglobal.com/events/first-responders-first-sustaining-yourself-during-coronavirus-crisis/>

The Center for Disease Control (CDC) **Disaster Distress Helpline:**

- Website: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- or call 1-800-985-5990 and TTY 1-800-846-8517
- or text TalkWithUs to 66746

UCLA has a Mindful App based on work from the Mindfulness Awareness Research Center (MARC):

Website: <https://www.uclahealth.org/marc/ucla-mindful-app>

The **University of Pennsylvania Program for Mindfulness** offers courses on a rolling schedule:

Website: <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness>

The University of Pennsylvania offers a **Positive Psychology** through Coursera for building resiliency:

Website: <https://www.coursera.org/learn/positive-psychology-resilience>

The Nursing License Map has compiled a **list of mental health resources.**

Website: <https://nursinglicensemap.com/resources/mental-health-resources/>

Free Online Exercise Resources

Les Mills (e.g., Body Pump, Body Flow, Body Combat, Barre, etc.) on-demand exercise classes [currently available free]: <https://watch.lesmillsdemand.com/at-home-workouts/season:1>

Peloton online [currently available free]:

<https://www.theverge.com/2020/3/16/21182267/peloton-workout-app-trial-at-home-subscription>

“50 Best Free Online Workout Resources”: <https://makeyourbodywork.com/how-to-exercise-at-home/>

Whole Life Challenge [currently offering a free pop-up challenge for individuals or teams]:

<https://www.wholelifechallenge.com/popup/>

Down Dog App (Yoga, HIIT, Barre, 7-min exercise) [currently free with .edu email address]:
<https://www.downdogapp.com/>

Free Meditation Resources

Headspace [currently free for healthcare professionals with NPI#]:
<https://www.headspace.com/health-covid-19>

Ten Percent Happier App [currently free for healthcare professionals]:
<https://redeem.tenpercent.com/>

To claim your complimentary subscription you'll *redeem the gift code* (HEALTHCARE) *on our website*. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.

Or just go to their Coronavirus Sanity Guide to access relevant free content/resources without creating an account: <https://www.tenpercent.com/coronavirussanityguide>

Calm.com [currently offering free resources]: [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720)

Insight Timer Meditation App [free]: <https://insighttimer.com/>

Stop Breathe & Think App: <http://app.stopbreathethink.org>

Healthy Minds App [currently available free]: <https://tryhealthyminds.org/>

For Individuals in Recovery

Online meetings

AA: <https://meetings.intherooms.com/>

NA: <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Smart Recovery: <https://www.smartrecovery.org/community/>

Buddhism-based mutual support group: <https://recoverydharma.online/>

Recovery Apps

Sober Grid: <https://www.sobergrid.com/> - allows you to interact, support, and engage with other people in recovery using a platform similar to Facebook.

SoberTool: <https://apps.apple.com/us/app/sobertool-addiction-recovery/id863872931> - is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target.

WEconnect: <https://www.weconnectrecovery.com/patients> -provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, meditate, etc.

AA Big Book: <https://mybigbookapp.com/> -This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.

12 Step Meditation Daily Reflections for AA, NA, Al-Anon: <https://apps.apple.com/us/app/12-step-meditation-daily-reflections-aa-na-al-anon/id1027253662> - This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.