



MENTAL WELLNESS & EMOTIONAL HEALTH

Resources



| You're not alone.

The health care system does not just affect your patients, it affects you. While burnout is largely the result of external factors outside the control of an individual physician, all medical professionals experience remarkable stress dealing with work and personal demands.

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships. If left unaddressed, life can feel disabling; making it more likely for individuals to develop alcohol abuse/dependence and be at an increased risk of developing depression and suicidal ideation.

We know support is needed as you navigate the difficult challenges arising on a daily basis. You've been in survival mode for a surprising amount of time and we want you to know you're not alone.

The following pages are a compilation of strategies and resources to support the mental wellness and emotional health of physicians. Pages include:

- Crisis Care & Support
- COVID-19 Resources
- Physician Mental Health & Suicide
- Podcasts, Webpages, Blogs, & Apps
- Additional Resources

Crisis Care & Support

AAFP Emergency Help Information

Need Help Now?

Crisis Intervention: National Suicide Prevention Lifeline: call (800) 273-8255 or text 4HOPE to 741741.

Confidential help and support are available 24/7.



Ohio-Specific Confidential Resource for Physicians

The Ohio Physicians Health Program (OPHP) offers services and resources to health care professionals affected by mental, emotional, and behavioral illness. To get help or learn more, visit the [OPHP website](#) or call (614) 841-9690.

Watch [this video](#) to learn more.

COVID-19 Resources



[COVID-19 Physician Well-Being Page](#)

Assess your well-being anonymously, develop a plan that meets your well-being goals, explore a vast collection of resources, and receive support as you build positive well-being habits.

AAFP Resources

- [Four Principles for Handling Stress During a Crisis](#)
- [AFP Journal: Optimizing Mental Health During COVID-19](#)
- [AAFP COVID-19 CME Webinar Series](#)
- [AAFP COVID-19 CME](#)

Other Resources

- [Mental Health First Aid](#)
- [Ohio Physician Health Program COVID-19 Webpage](#)
- [National Academy of Medicine COVID-19 Resource Page](#)



Strategies for Clinicians During COVID-19

[#bit.ly/CWCOVID19](https://bit.ly/CWCOVID19)
[#ClinicianWellBeing](https://bit.ly/CWCOVID19)

- | | |
|------------------------------|--|
| 1 Meet basic needs | 5 Stay updated |
| 2 Take breaks | 6 Perform self check-ins |
| 3 Stay connected | 7 Honor your service |
| 4 Respect differences | A collection of resources to promote clinician well-being is available online. |



Strategies for Health Care Leaders During COVID-19

[#bit.ly/CWCOVID19](https://bit.ly/CWCOVID19)
[#ClinicianWellBeing](https://bit.ly/CWCOVID19)

- | | |
|---|--|
| 1 Value clinicians | 5 Enable cooperation & collaboration |
| 2 Communicate best practices | 6 Provide central information access point |
| 3 Monitor & promote clinician well-being | 7 Ensure clinicians aren't required to return to work during dire situation |
| 4 Provide supportive environment | 8 Provide appropriate resources if clinicians are infected |

Physician Mental Health & Suicide

Mental health data have shown that physicians in the United States have a higher suicide rate than many professions and are more likely than the general population to die by suicide. Although there is no single cause for suicide, it most often occurs when a person's life circumstances, stressors, and health issues—especially inadequately treated or untreated mental health issues—lead to feelings of hopelessness and despair.

- [AAFP Webpage](#)
- [Medscape Family Medicine Physician Lifestyle, Happiness & Burnout Report 2021](#)

It's also crucial to take action if you're worried that a colleague is in distress or is thinking about suicide. If your colleague says he or she is having suicidal thoughts, the National Suicide Prevention Lifeline recommends these [next steps](#).

More Resources

- [Physician Mental Health: Preventing Suicide and Building Resilience Webinar](#)
- [Preventing Physician Distress and Suicide \(www.stepsforward.org\)](#)
- [National Suicide Prevention Lifeline \(suicidepreventionlifeline.org\)](#)
- [American Foundation for Suicide Prevention \(afsp.org\)](#)
- [MentalHealth.gov \(mentalhealth.gov\)](#)

Podcasts, Webpages, Blogs, & Apps

Webpages & Apps

- [AAFP Stress Reduction Resources](#)
- [PeerRXMed](#) is a free, peer-supported program designed to help physicians and others on the care team move toward thriving both personally and professionally.
- [Ohio Physician Wellness Coalition Resources](#)
- [The Happy MD](#)
- [National Academy of Medicine Clinician Well-Being](#)
- [AWARE Well-Being Resources](#) (Accreditation Council for Graduate Medical Education)
- [Agency for Healthcare Research and Quality Physician Burnout Interventions](#)
- [Help Guide](#) provides research-driven, impartial tools and information to help readers strengthen their mental and emotional health, improve their relationships, and take charge of their lives.

Podcasts

- [She Thrives, MD](#)
- [STFM Podcasts](#)
- [The Happy Doc](#)
- [The Doctor's Life](#)

Blogs

- [AAFP Fresh Perspectives](#)
- [AAFP Leader Voices](#)
- [AAFP In the Trenches](#)
- [AAFP FPs on the Frontlines](#)
- [KevinMD](#)

Additional Resources



[Building Better Mental Health](#)

Looking to boost your mood, handle your emotions better, or build resilience? These six life-changing strategies for improving mental health and well-being can show you how.

[COVID-19 and the Burden of Secondary Grief Blog Post](#)

[The Physicians Foundation Well-Being Webpage](#)

[Journal of the American Board of Family Medicine Articles](#)

[Organizational Interventions Needed to Prevent Burnout Among Family Physicians](#)

[OAFP Wellness Wednesdays Archive Webpage](#)

The OAFP Wellness Wednesdays archived sessions include presentations on a variety of topics including:

- Coping with the Emotional Impact of Adverse Patient Outcomes
- How to Approach a Peer Who is in Need of Help
- Mindfulness: Cultivating a Clearer Mind
- Reframing Perspective: Harnessing the Power of Giving Others the Benefit of the Doubt
- Setting Emotional Boundaries for Healthier Relationships
- The Virtues of Grittiness and Resiliency
- And so much more!

Check out the [webpage](#) for recorded sessions and related resources for each.



Disclaimer

Resources shared in this packet do not represent the OAFP. Materials shared were cultivated and vetted by a volunteer physician workgroup. Resources included should serve as a starting point to build from.