



Confidential Care to Support Physician Health and Wellness

Talking Points

- Legislation is desperately needed to address the mental health needs of primary care physicians by investing in programs to protect their mental health and end the stigma medical professionals often face when seeking necessary treatment and support.
- Even prior to the COVID-19 pandemic, physicians had the highest suicide rate of any profession, with their rate twice that of the general public.¹
- The COVID-19 pandemic exacerbated personal hardships as physicians continued caring for patients, themselves and their families.
- A January 2022 report showed that 51% of family physicians were burnt out, and 24% of all physicians were clinically depressed.²
- Furthering the tragedy is the fact that general practitioners, family physicians and primary care physicians accounted for 27% of all physician deaths during the pandemic, the highest percentage for any medical specialty.³

References

1. Anderson P. Physicians experience highest suicide rate of any profession. Accessed August 2, 2023. https://www.medscape.com/viewarticle/896257#vp_1
2. Kane L. Physician Burnout & Depression Report 2022: stress, anxiety, and anger. Accessed August 2, 2023. <https://www.medscape.com/slideshow/2022-lifestyle-burnout-6014664>
3. Gouda D, Sinh PM, Gouda P, Goudra B. An overview of health care worker reported deaths during the COVID-19 pandemic. *J Am Board Fam Med*. 2021;34(Suppl):S244-S246.