

Physician Support and Suicide Prevention Resources

Whether you or someone you know is in crisis or at risk for physician burnout, depression or suicide, these resources provide direction to targeted professional help and support.

Immediate Crisis Care

National Suicide Prevention Lifeline

Open 24/7. Free and confidential.

(800) 273-TALK (8255)

suicidepreventionlifeline.org

Crisis Text Line

Free 24/7 support at your fingertips.

(U.S. and Canada)

Text HOME to 741741

crisistextline.org

National Suicide Prevention Lifeline Chat

National online chat for emotional support, crisis intervention and suicide prevention. Available 24/7. Free and confidential.

suicidepreventionlifeline.org/chat

Physician-Focused Support

Physician Support Line

A national and confidential support line service made up of 600+ volunteer psychiatrists who offer peer support for physician colleagues during the pandemic. Open 8 a.m. to 1 a.m. EST, 7 days a week; no appointment is necessary.

(888) 409-0141

physiciansupportline.com

Peer Support for Physicians

PeerRxMed™ provides free peer-to-peer program to support well-being.

peerrxmed.com

Online Resources

- American Foundation for Suicide Prevention
afsp.org
- MentalHealth.gov
mentalhealth.gov
- "Physician Mental Health and Suicide: Combatting the Stigma in Medicine"
aafp.org/mentalhealthstigma
- AAFP, Physician Health First: Assess Your Well-being
aafp.org/covid19wellbeing
- AAFP, Physician Health First: Assess Your Well-being with the Physician Well-being Index assessment
aafp.org/wellbeingassessment
- AAFP, Physician Health First: Emergency Help
aafp.org/wellbeingemergency
- AAFP, Physician Health First: Why Well-being
aafp.org/membership/benefits/physician-health-first/why-wellbeing.html

Ongoing Support

Find a Therapist or Support Group

- Search for therapists by city, state, zip code, or therapist name.
psychologytoday.com/us/therapists
- Search by city, state, or zip code for in-person or online therapy.
helppro.com/SPTF/BasicSearch.aspx
- Search by location for mental health services.
findtreatment.samhsa.gov
- Call this free, confidential, helpline in English/Spanish for treatment referral 24/7, 365.
(800) 662-HELP (4357)
- Search by state for a physician-focused psychiatrist.
physicianmentalhealth.com

