

SEPTEMBER 2023

Every day make time to talk – and to act – so physicians’ struggles don’t become mental health emergencies.



SUN	MON	TUE	WED	THU	FRI	SAT
Physician suicide has been a crisis in healthcare that nobody wants to talk about for a long time. Idaho has suffered its fair share of colleagues who lost hope and we remain a high-risk state. Now is the time to stop the silence. Find resources and get help at NPSADay.org .					1 Communicate about NPSADay throughout your organization and circles of influence.	2 Register for the September 7 & 8 "Beyond Polarization in Healthcare" keynote and workshop @ adamedicalsociety.org
3 Take a realistic look at the month ahead and schedule some blocks of time for personal reflection and refreshment.	4 On this holiday, take a moment and recall the individual people you have had an impact on because of your labor.	5 Ask your leadership how you might be able to promote suicide prevention awareness this month. npsaday.org/toolkit	6 The initial months carry the highest risk for suicides among first-year residents. If you've met one recently, reach out to encourage them.	7 Watch the 8 minute video found at theshamespace.com and kickstart a dialog about it with peers	8 Visit drlornabreen.org to see how to improve impairment questions on insurance, employment, and credentialing forms.	9 Program 9-8-8 or a crisis line number into your mobile phone. It's OK to make a practice call so that in a crisis, it won't be as difficult.
10 Think about colleagues that don't look, sound, or act like you. Ponder about what you might learn from them.	11 Today is your last chance to register for ACMS' Go Wild at Zoo Boise event held next Tuesday.	12 Commit the Vital Signs to H.E.A.R.T to help warn you of somebody may be suicidal. Learn about them at npsaday.org/vitalsigns	13 Watch for NPSA Day events this week at afsp.org/calendar or suicidology.org/2023/	14 You are human and subject to fallability. Adjust your expectations of how perfect you think you and others need to be.	15 Sign up for the free PeerRx reminders to help structure supportive connections with others at peerrxmed.com	16 Share an #NPSADay social media post or link about tomorrow's published activities.
17 NPSADay - Take time today to check in personally with a colleague and remember one who left prematurely.	18 Send an encouraging text to a first-year medical student like, "It's OK if you failed your first exam. I did too and I made it!"	19 Create a personal crisis management plan for yourself using a worksheet at npsaday.org/crisisplan	20 Invite an executive leader to round with you for half a day. Ask if they can just be present without offering solutions.	21 Ask your HR team if they have a suicide postvention strategy in place and find samples in medicine at afsp.org	22 Grab some CMEs at the Community Suicide Prevention Conference , available via Zoom and in-person in Idaho Falls.	23 Commit to asking direct questions if somebody you know hints at wanting to harm themselves. qprinstitute.com
24 Write yourself a Dear Future Doc note to open in 2043. Find a notecard template at npsaday.org/futuredoc	25 Ask if your organization will sign the ALL IN Statement of commitment at allinforhealthcare.org	26 Get rid of stupid stuff you have control over. Unsubscribe from email subscriptions you never read.	27 Consider applying for a grant to foster innovative physician wellness efforts at The Physicians Foundation.	28 Seek formal recognition of your employer's support of doctors through a Medicus Integra Award at forphysicians.org	29 Enroll in the University of Washington's "All Patients Safe" training at apsafe.uw.edu	30 Learn about your five free mental health appointments available from ACMS at physicianvitality.org

Find out more



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