



Women Physicians Leadership Academy

Enhancing Physician Wellness and Belonging

Janine L Fogarty, MD

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Resources for Physician Health and Well-being

- ▶ **Committee for Physician Health**
- ▶ **Peer to Peer**
- ▶ **988 Suicide & Crisis Lifeline**

Committee for Physician Health

The mission of the Committee for Physician Health is to provide confidential , non-disciplinary assistance to physicians, physician assistants and medical students suffering from substance use and other psychiatric disorders while protecting public safety.

Committee for Physician Health

CPH identifies physicians who may need assistance, refers them for specialized evaluation, and, if indicated, treatment with capable clinicians. As a result of monitoring the health of physicians, CPH is able to actively advocate for participants to continue their work as physicians.

Committee for Physician Health

COMMON REASONS FOR REFERRAL

- Concern about the health of yourself or a colleague.
- Concern about possible substance misuse or abuse.
- Emotional difficulties such as depression or anxiety.
- Late/absent due to illness.
- Deterioration of professional performance/relationships.
- Legal difficulties such as DWI or medication diversion.

Committee for Physician Health

▶ www.cphny.org

▶ (518) 436-4723 or (800) 338-1833 (NYS)

MSSNY Peer to Peer Program

The Medical Society of the State of New York now offers to physicians, residents and medical students an opportunity to talk with a peer about some of life stressors. MSSNY's Physician Wellness and Resiliency Committee has a Peer 2 Peer (P2P) program to assist their colleagues who are need of help in dealing with work and family stressors.

MSSNY Peer to Peer Program

MSSNY has established a confidential helpline phone number **(1-844-P2P-PEER)** and an email address **p2p@mssny.org** so that physicians may be connected with a peer 24 hours a day/7 days a week. In addition to offering a trained, empathetic ear, peer supporters may provide information on specific resources that can offer further support, provide positive coping skills, or connect physicians to professionals for more focused assistance.

Physician Suicide

Suicide Crisis and Lifeline

- ▶ 988: Call, text or chat
- ▶ 988lifeline.org

Physician Suicide

- ▶ **988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline)
- ▶ The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Physician Suicide

- ▶ Vital Signs: The Campaign to Prevent Physician Suicide
- ▶ National Physician Suicide Awareness Day:
npsaday.org

Physician Suicide

Resources for Immediate Support

- **Physician Support Line** is a national, free, and confidential support line made up of 600+ volunteer psychiatrists to provide peer support for physician colleagues and American medical students. Call 1-888-409-0141. It's open 8am to 1am every day, no appointment necessary.
- **National Alliance on Mental Illness Crisis Text Line** offers free 24/7 mental health support. Text "SCRUBS" to 741741 for help.

Physician Suicide

Resources for Ongoing Support

- **Therapy Aid Coalition** provides free therapy for physicians, health care professionals and first responders, including individual and group support.
- **The Emotional PPE Project** connects physicians and other health care workers with licensed mental health professionals who can help. This service is free and does not require insurance.
- Each state also has its own Physician Health Program. To find your state's, visit **Federation of State Physician Health Programs**.
- **PeerRxMed** is a free peer-to-peer program for physicians and other health care professionals that offers support, connection, encouragement, resources and skill building for optimal well-being.