



## Helping Medical Professionals Avoid Burnout and Suicide

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[U.S. News and World Report](#) [1]

Prevention experts are calling for increased efforts to prevent suicide among medical professionals. Doctors, nurses, and other health care workers have higher rates of suicide than the general population. To address that, the medical community has launched mental health awareness campaigns, educational initiatives, and policy changes. According to experts, health care organizations can further advance prevention efforts by promoting a supportive culture that encourages help seeking. They can also train staff how to recognize and respond to the warning signs for suicide in coworkers. To ensure physicians with a mental health history do not lose their jobs, licensing boards can change their evaluation criteria, which could also increase the likelihood that those who are struggling seek treatment.

**Spark Extra!** Find [suicide prevention resources for health care professionals](#) [2].

### Links within this resource

[1] <https://www.usnews.com/news/healthiest-communities/articles/2019-09-30/commentary-helping-medical-professionals-avoid-burnout-and-suicide>

[2] <https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>

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