

## Resources for physicians

[Accreditation Council for Graduate Medical Education \(ACGME\) Resources](#) – Resources to share with programs, institutions, residents, and fellows that promote a culture of physician well-being and provide support in the case of burnout, depression, or suicide.

[Breaking the Culture of Silence on Physician Suicide](#) – A sharable graphic and information about physician suicide from the National Academy of Medicine.

[Creating a Safety Net: Preventing Physician Suicide](#) – An article by AFSP Chief Medical Officer Christine Moutier, M.D., for the Association of American Medical Colleges' *AAMC News*.

[Reducing the Stigma: Faculty Speak Out About Suicide Rates Among Medical Students, Physicians](#) – An article by Dana Cook Grossman, for the Association of American Medical Colleges' *AAMC News*.

[Preventing Suicide in Physicians, Residents and Medical Students \(Video\)](#) – Dr. Christine Moutier addresses the American Psychiatric Association, May 20, 2016.

[Symposium on Physician Well-Being](#) – A symposium held on November 17-18, 2015 by The Accreditation Council for Graduate Medical Education (ACGME).

[Leaders in Academic Medicine Address Physician Well-being and Resilience](#) – A news release from the Association of American Medical Colleges.

[Preventing Physician Distress and Suicide](#) – Tools for identifying at-risk physicians and facilitating access to care from the American Medical Association.

[Make the Difference: Preventing Medical Trainee Suicide \(Video\)](#) – A 4-minute PSA from Mayo Clinic and the American Foundation for Suicide Prevention that explains how everyone can help prevent suicide by being alert for the signs of depression and escaping stress and how to be most helpful. This film can be used in medical school physician wellness, humanism and professionalism curricula. Featured at top of this page.

[Struggling in Silence: Physician Depression and Suicide \(DVD\)](#) – An award-winning, one-hour documentary from AFSP, that sheds light on the topic of physician mental health and suicide prevention, featured on public television stations nationwide. This film can be used in medical school physician wellness, humanism and professionalism curricula.

[Struggling in Silence/Out of the Silence \(DVD\)](#) – Two short videos (15 minutes each) describing physician and medical student depression and suicide risk. A printable resource guide and slide set are available for both films. These films can be used in medical school physician wellness, humanism and professionalism curricula.

[American Medical Student Association](#) – The oldest and largest independent association of physicians-in-training in the United States.