

Mental Health Resources for Medical Students
Updated July 2017

Links about suicide:

- [National Suicide Prevention Lifeline](#): 1-800-273-8255 and crisis text line at 741-741
- Three leading health organizations aim to reduce physician suicides: [ACGME](#), [Mayo](#), [AFSP](#)
- [American Foundation for Suicide Prevention](#) – resources for suicide survivors

Local Resources:

- [Agora Crisis Center](#) – local resource: 505-277-3013 or 866-HELP-1-NM
- Dr. Jeff Dunn, Associate Professor of Psychiatry, is available to see students confidentially by appointment in the University Psychiatry Consultants Office located on the fourth floor of the Family Medicine Building. His office number is 272-6130 and he can be [reached by email](#).
- Dr. Liz Lawrence, Director of Medical Student and Physician Wellness, is available to see students confidentially and free of charge to talk about their concerns and to identify support resources. Appointments can be made by [emailing her](#).
- Dr. Cheri Koinis, Associate Professor of Psychology, is available to see students confidentially by appointment in her office in the Family Medicine Building. She can be reached [by email](#) or by calling directly to (505) 272-3898.
- [University of New Mexico Student Health and Counseling](#) (SHAC) (277-3136)
- See 2017-2018 Psychotherapy Guide for additional resources.

Resources for individual strategies to address burnout, promote resiliency:

- <http://www.black-bile.com/> - A website dedicated to physicians suffering from depression, and those who care about them.
- <http://www.ishiprograms.org/about/> - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing.
- <http://ephysicianhealth.com/> - The world's first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <https://www.cma.ca/En/Pages/physician-health-wellness.aspx> - Description of the Canadian Physician Health Institute with links to many resources related to physician health and wellness.
- <http://scpmgphysicianwellness.kaiserpermanente.org/> - Kaiser program for Physician Wellness.
- <http://cmbm.org/> - Center for Mind-Body Medicine - access to evidence-based strategies for relieving stress and promoting wellness.
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf> - University of Colorado toolkit for promoting well-being for physicians
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency.
- <http://www.thehappyemd.com/> - Dike Drummond's website about physician burnout and solutions.