

## Physician Mental Health Resources July 2017

### Links about suicide:

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

### Local Resources:

- Outcomes: provides counseling, education, conflict resolution, and other services for residents and fellows. Additional information is available at [www.OutcomesNM.org](http://www.OutcomesNM.org) 243-2551
- CARS: Counselling, Assistance and Referral Service. 272-6868
- Agora Crisis Center- local resource: <http://www.adultchildrenofalcoholics.org> 256-8300
- Al-Anon Information Service 262-2177
- Alcoholics Anonymous 266-1900
- Addictions & Substance Abuse Program (UNM) 925-2300
- Cocaine Anonymous 291-3888
- National Council on Alcoholism & Drug Abuse 256-8300
- Adult Survivors of Child Abuse 255-3182
- Agora Crisis Center (24-hour hotline) 277-3013
- Albuquerque Shelter for Victims of Domestic Violence 247-4219
- Albuquerque Rape Crisis Center 266-7711
- Catholic Charities 724-4670
- NM Crisis and Access Line (NMCAL) 1-855-622-7474
- Overeaters Anonymous 292-9080
- Psychiatric Emergency Services 272-2920
- Samaritan Counseling Center 842-5300
- UNM Dept. of Psychology Clinic 277-5164
- UNM Psychiatric Center/Mental Health Center 272-2870
- UNM Manzanita Center 277-2132
- UNM Women's Resource Center 277-3714
- [agoracares.org/](http://agoracares.org/) 505-277-3013 or 866-HELP-1-NM

### Resources for promoting 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.thehappynd.com/> - Dike Drummond's website about physician burnout and solution.

