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](http://www). Adult Children of Alcoholics 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.ishiprograms.org/about/](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](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](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.