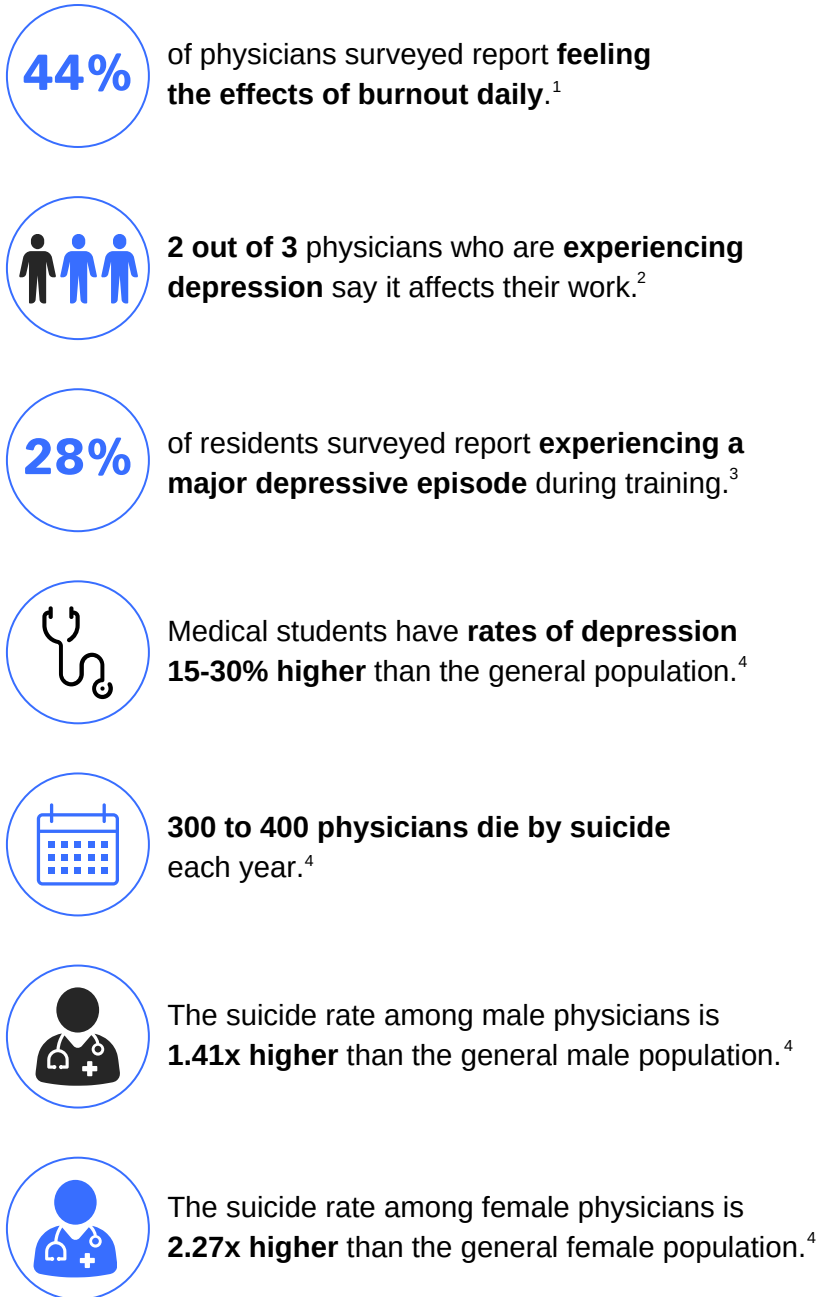


Physician Burnout, Depression, and Suicide

Physicians have higher rates of burnout, depressive symptoms, and suicide risk than the general population.



Drivers of Burnout



- Workload
- Work inefficiency
- Lack of autonomy and meaning in work
- Work-home conflict.

Suicide Warning Signs

Talk

- Killing themselves
- Having no reason to live
- Being a burden to others
- Feeling hopeless
- Feeling trapped
- Unbearable pain

Behavior

- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little

Mood

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/shame
- Anger/agitation

Prioritizing mental health enables physicians to provide better patient care and maintain resilience by combining self-care with effective mental health treatment. Learn more at afsp.org/physicians

1. "Physician burnout in 2019, charted." Advisory Board, January 18, 2019

2. Leslie Kane, MA, "Medscape National Physician Burnout, Depression & Suicide Report 2019," Medscape, January 16, 2019.

3. Mata, DA, et al. (2015). Prevalence of Depression and Depressive Symptoms among Resident Physicians. *JAMA*, 314(22), 2373.

4. "10 Facts About Physician Suicide and Mental Health," American Foundation for Suicide Prevention.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



American
Foundation
for Suicide
Prevention