



**Vital
Signs** *National
Physician Suicide
Awareness Day*
September 17

Vital Signs: The Campaign to Prevent Physician Suicide



All In
WellBeing First for Healthcare

7 Actions You Can Take

Learn the Vital Signs

Encourage Mental Health Reflection

Share Suicide Prevention Resources

Prepare Before A Moment Of Crisis

Check in with a Physician

Remove Intrusive Mental Health Questions

Create a Culture of Wellbeing



National Physician Suicide Awareness Day

September 17

Free Resources



Calendar Handouts Toolkits Social Media

SEPTEMBER 2024

Every day make time to talk - and to act - so physicians' struggles don't become mental health emergencies.



SUN	MON	TUE	WED	THU	FRI	SAT
1 Communicate about NPSADay throughout your organization and circles of influence.	2 On this holiday, take a moment and recall the individual people you have had an impact on because of your labor.	3 Today is your last chance to register for ACMS' Go Wild at Zoo Boise event held next Tuesday.	4 Ask your leadership how you might be able to promote suicide prevention awareness this month. npsaday.org/toolkit	5 Write yourself a Dear Future Doc note to open in 2054. Find a notecard template at npsaday.org/futuredoc	6 Visit drlornabreen.org to see how to improve impairment questions on insurance, employment, and credentialing forms.	7 Learn about your five free mental health appointments available from ACMS at physiciansvitality.org
8 Take a realistic look at the month ahead and schedule some blocks of time for personal reflection and refreshment.	9 Learn the warning signs by H.E.A.R.T to alert you of somebody who may be suicidal. Find them at npsaday.org	10 See if the hospital you have privileges at has a peer-to-peer program you can volunteer for or access when you need a listening ear.	11 The initial months carry the highest risk for suicides among first-year residents. If you've met one recently, reach out to encourage them.	12 Watch the 8 minute video found at thesamespace.com and kickstart a dialog about it with peers	13 Program 9-8-8 or a crisis line number into your mobile phone. It's OK to make a practice call so that in a crisis, it won't be as difficult.	14 Learn about Idaho's program for doctors recovering from impairment while protecting their license. Search for Idaho BOM HPBP.
15 Reflect on and record some of the things you love about the practice of medicine: patient encounters, serving as a team, saving lives...	16 Share an #NPSADay social media post or link about tomorrow's published activities.	17 NPSADay - Take time today to check in personally with a colleague and remember one who left prematurely.	18 Consider applying for a grant to foster innovative physician wellness efforts at The Physicians Foundation.	19 You are human and subject to fallibility. Adjust your expectations of how perfect you think you and others need to be.	20 Sign up for the free Peerix reminders to help structure supportive connections with others at peerxmed.com	21 Seek formal recognition of your employer's support of doctors through a Medicus Integra Award at bethjay.org/
22 Plan a time next month where you will be outdoors, away from technology, and with the people you love most.	23 Send an encouraging text to a first-year medical student like, "It's OK if you failed your first exam, I did too and I made it!"	24 Create a personal crisis management plan for yourself using a worksheet at npsaday.org	25 Invite an executive leader to round with you for half a day. Ask if they can just be present without offering solutions.	26 Ask your HR team if they have a suicide prevention strategy in place and find samples in medicine at absp.org	27 Enroll in the University of Washington's "All Patients Safe" training module for free CME. Email: apsafe@uw.edu	28 Commit to asking direct questions if somebody you know hints at wanting to harm themselves. apinstitute.com
29 Consider becoming a mentor to a younger physician in your organization or in ACMS.	30 Ask if your organization will sign the ALL IN Statement of commitment at allinforhealthcare.org	Physician suicide has been a crisis in healthcare that nobody wants to talk about for a long time. Idaho has suffered its fair share of colleagues who lost hope and we remain a high-risk state. Now is the time to stop the silence. Find resources and get help at NPSADay.org .				

adamedicalsociety.org/npsaday

npsaday.org/



National Physician Suicide Awareness Day
September 17



I'm
Listening



OUT OF THE DARKNESS



Treasure Valley Walk Information

Date: 10/05/2024

On-Site Registration Starts: 9:00 am

Program Starts: 10:00 am **Closing Ceremony 12:00 PM**

Location: Kleiner Memorial Park, Meridian

Route: Approximately 3 miles

Contact: Treasure Valley Planning Committee

Contact Phone: 208-391-5177

Contact Email: treasurevalleyootd@afspidaho.org

Fundraise

Register! There is no fee or fundraising minimum. Share your fundraising page link on social media, via text, or by email.

[PARTICIPANT HUB](#)

Promote the Walk

Follow the @OOTDWalks accounts on [Facebook](#) and [Twitter](#).

Share your fundraising page and post about the Treasure Valley Walk using the #OutoftheDarkness hashtag.

Become a Team Captain

On average, team captains recruit 74% of the people who attend a non-profit Walk.

Captains are essential!

[BECOME A CAPTAIN](#)

[VISIT TEAM CENTRAL](#)

Sponsorship Opportunities

Sponsoring the Treasure Valley Walk shows your community and employees that you care about mental health.

Reach out to Treasure Valley Planning Committee at treasurevalleyootd@afspidaho.org for more.

Walk Alumni

Thank you for joining us again this year! When registering, please click the blue link under "Been Here Before?"

The fields below that are for creating new accounts.

[VIEW EXAMPLE](#)

Volunteer

Event Committee and Day-of-Walk volunteers help to make the Treasure Valley Walk a success.

Send an email to treasurevalleyootd@afspidaho.org to submit a volunteer application.