

# BURN OUT?



# REACH OUT!

## DO YOU FEEL:

Exhausted?

Detached or emotionally  
disconnected from patients?

Useless or  
meaningless?

Work is taking  
over your life?

## ATTENTION ALL SC PHYSICIANS LICENSE LANGUAGE CHANGED

### SCMA SUCCEEDS IN REVISING MEDICAL APPLICATION LANGUAGE

Updated medical licensure language allows physicians to receive mental health treatment confidentially and without the need to report properly managed and treated conditions. You no longer need to fear the implications of disclosure interfering with your medical license!



## YOU ARE NOT ALONE!

- ▶ **1 in 5** doctors plan to leave the profession in the next 2 years.  
–Study by AMA, Mayo Clinic and Stanford Medicine, December 2021
- ▶ In 2021 **1 in 10** physicians considered or attempted suicide. Each year, roughly **400** physicians die by suicide.  
–Medscape's Physician Suicide Report 2022.
- ▶ **61%** physicians reported often feeling symptoms of burnout, **only 14% sought help.**  
–The Physicians Foundation's 2021 Survey of America's Physicians

Dr. Lorna Breen, before taking her own life, was primarily concerned what the effect of seeking mental health care would have on her career.

**DON'T WAIT UNTIL A BREAKING POINT TO SAY, "I'M NOT OK", TALK TO SOMEONE NOW.**



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