DO YOU FEEL:

Exhausted?  Detached or emotionally disconnected from patients?  Useless or meaningless?  Work is taking over your life?

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.