

Ready



Self Educate

- Know your resources
- Make time for continuing education
- Attend conferences

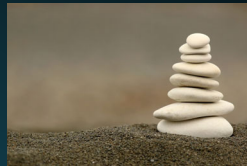
Recognize

- Change in behavior and demeanor
- Reporting stress or life changes
- High PHQ9 and GAD scores



Respond

- Reflective Listening
- Calm
- Reassure
- Give action plan



References

Beffs, D., Korenda, L., & Giuliani, S. (2020, August 13). Are consumers already living the future of health? Retrieved October 04, 2020, from https://www2.zebra.com/sites/default/files/2020-08/consumer_health_ready.pdf

Brister, T. (2018). Navigating a mental health crisis [Pamphlet]. Arlington, VA: NAMI. Retrieved October 04, 2020, from <https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-a-Mental-Health-Crisis>

Centers for Disease Control and Prevention. (2020, August 14). Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. Morbidity and Mortality Weekly Reports. Retrieved from <https://www.cdc.gov/mmwr/volumes/69/wr/mm6914a1.pdf>

Drummond, D. (2015, October 01). Physician Burnout: Its Origin, Symptoms, and Five Main Causes. Retrieved October 04, 2020, from <https://www.aopa.org/news/2015/09/01/physician-burnout>

Highest Suicide Rate by Profession. (2013, November 25). Retrieved October 08, 2020, from <https://www.newhealthguide.org/Highest-Suicide-Rate-by-Profession.html>

Questions?

