

**Michelle M. Endresz**

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**From:** Heidi D. Chapman on behalf of Amy Tucker  
**Sent:** Friday, September 17, 2021 12:22 PM  
**To:** Amy Tucker  
**Subject:** CMO Blast: Today is National Physician Suicide Awareness Day

***On behalf of Dr. Leslie Kohman, Chief Wellness Officer, Upstate University Hospital...***

Today, September 17<sup>th</sup>, is National Physician Suicide Awareness Day.

We know the statistics, working in healthcare is stressful even without a pandemic. The suicide rates for healthcare workers are among the highest in the population with physicians having one of the highest suicide rates of any profession. Our internal surveys earlier this year were consistent with other national surveys, many of us expressing great distress. The excessive stressors of the past ~20 months have taken their toll on our communities, our families, our colleagues, and ourselves.

We can prevent suicide. We can be aware of the signs, we can start conversations, we can help each other understand that we are not alone. Seeking mental health services is a strength. We have to care for ourselves in order to care for others.

Take 10 minutes today for yourself, for something that is restorative for you.

Internal and external resources are at this link: [Microsoft Word - Wellbeing and Mental Health Resources.docx \(upstate.edu\)](#)

There are also 85 trained peer supporters on our campuses. Look for the blue “Peer Supporter” buttons. Start some conversations.

Thank you for all that you do each and every day!

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