

EXTERNAL RESOURCES FOR SUPPORT

Crisis	Peer Support	Burnout	Substance Dependence
External Resources (* Available to Physicians & APPs)			
<p>24/7 Crisis Lines * Dial 988 or 1-800-273-8255 Text 741741 Support available in English, Spanish and translation to over 150 languages</p>	<p>Physician Support Line Offers free and confidential peer support to American physicians and medical students by creating a safe space to discuss immediate life stressors with volunteer psychiatrist colleagues who are uniquely trained in mental wellness and also have similar shared experiences of the profession. Dial 1-888-409-0141 Visit their resource page for tools to maintain and enhance your well-being.</p>	<p>Decreasing Physician Burnout A way to understand the difference between stress and burnout. A method to see if you are at risk for - or suffering from - physician burnout. Three distinct methods to reverse and prevent physician burnout</p>	<p>Substance Abuse and Mental Health Services Administration (SAMHSA) * Confidential free help, from public health agencies, to find substance use treatment and information. The service is open 24/7, 365 days a year Dial 1-800-662-HELP (4357)</p>
<p>Disaster Distress Helpline * Call 1-800-985-5990</p>	<p>Emotional PPE Project * A directory that provides contact information of volunteer mental health practitioners to healthcare workers who are in need of no cost, no insurance, or confidential therapy.</p>	<p>American Psychological Association * Videos:</p> <ul style="list-style-type: none"> ● Calm Yourself ● Ground Yourself ● Relax Yourself ● Focus Yourself ● Celebrate Yourself 	
	<p>Therapy Aid Coalition * Free & Low Cost Therapy for US Healthcare Professionals and First Responders</p> <ul style="list-style-type: none"> ● Available In person, online, or both. ● Availability based on zip code ● Some free or low cost ● Have some resources for Substance Dependence (based on geographic location) 		