



The Maryland State Medical Society

News: For Immediate Release

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NOVEMBER 22 IS NATIONAL SURVIVORS OF SUICIDE LOSS DAY

BALTIMORE, November 21, 2014 — November 22, 2014 is National Survivors of Suicide Loss Day. National Survivors of Suicide Day was designated by the United States Congress as a day when the friends and family of those who have died by suicide can join together for healing and support. This day always falls on the Saturday before American Thanksgiving. On this day the Maryland Physician Health Program (MPHP) continues to work to increase awareness of issues affecting physicians in order to best help them with their overall well-being.

Over the past several years, Maryland Physician Health Program has seen an increase in reported physician burnout with a recent study finding more than 45% of physicians meeting the criteria of experiencing burn-out with increased prevalence in particular specialties. This number is much higher as compared to cohorts in other professions.

Research indicates that physicians in general have a higher rate of suicide completion as compared to the general population and physician burnout in particular is associated with higher rates of substance use, depression and suicidal ideation.

MPHP has been assisting physicians throughout the state in a private and confidential manner for more than 30 years. These physicians are able to access the help they may need due to various issues, concerns or stressors that may impact their lives and overall wellness. If you are a physician who is struggling or know of a colleague or friend who could benefit from help and support, please contact MPHP at 410-962-5580.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.