What is provoking these healthcare heroes, who are dedicated to healing and preventing others from dying, to want to end their own lives?

According to the American Nurses Association, it’s paramount for hospital leaders to identify and implement evidence-based programs designed to prevent and mitigate symptoms of depression and anxiety.

# SUICIDAL IDEATION IS ON THE RISE FOR DOCTORS & NURSES

Nearly 10% of physicians reported having suicidal thoughts in 2021.

SUICIDAL IDEATION IS ON THE RISE FOR DOCTORS & NURSES

# You Are Not Alone. We Are Here for You

If you are experiencing grief, sadness, exhaustion, or feel that you are alone, we at Healing Breaths want you to know that we are here for you. We create a non-judgmental, safe sharing environment for healthcare workers, so they can unwind and let go of stress. Click here to schedule a call with one of our wellness experts to learn how we may be able to help.

We help healthcare professionals and leaders rejuvenate, build personal resilience and reconnect to the joy in medicine. Our evidence-based techniques reduce clinical anxiety and cortisol levels while increasing mental health and life satisfaction. This means more resilience for our healthcare workers and less burnout & turnover for institutions.

Schedule a call today to learn how we are helping providers and institutions address the impacts of burnout and create a culture of well-being.

healingbreaths.org

Dominique Charlot-Swilley, Ph.D.
Esther Pottoore, DNP
Michele Atkins-Young, Nurse, Director of Children’s Services

"This course has been really exceptional. We talk about burnout, compassion fatigue, working through trauma, and this allows us to gain tools in combating these issues."

"I came into this program very burnt out. Now, I find myself getting back to who I am and I’m just very grateful."

"This helped me bring clarity on how to deal with things within my control, and to accept the things I have no control over.

"Having the tools to decompress daily truly helped me bring clarity on how to deal with things within my control, and to accept the things I have no control over."

If you are experiencing thoughts of harming or killing yourself, call the National Suicide Prevention Hotline at 800-273-TALK, call 911, or go to the nearest ER department.

# Triggers for Suicidal Thoughts

Increased stress, anxiety, depression, and repetitive emotional distress can lead to suicidal thoughts.

According to the American Nurses Association, it’s paramount for hospital leaders to identify and implement evidence-based programs designed to prevent and mitigate symptoms of depression and anxiety.

# Signs of Depression:

- Persistent sad thoughts
- Changes in sleep patterns
- Tiredness/fatigue/irritability
- Uncontrollable mood changes
- Hopelessness and helplessness

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