Failed Coping: Recognizing and Responding to Suicide Risk in Our Students, Residents and Colleagues
Loice Swisher & Christopher Doty

Learning Points:
• If you see something, say something
• Don’t worry about being rude. Follow your intuition...ask.
• Connect, support, and get them resources
• Be with them
• Everyone is potentially at risk
• If you have 2 wellness domains involved, reach out

• Stress vaccinations
  • Connectivity
  • Adequate sleep
  • Adequate exercise
• Hope
• Planned positivity

Suicide Resources for Program Leadership

Internet Articles

Nine Ways to Help a Suicidal Person
https://www.metanoia.org/suicide/whattodo.htm
Nine suggestions to aid in talking with a suicidal individual
Also addresses myths and identifies suicide warning signs

How to Help Someone Who is Suicidal
Myths, warning signs and tips when talking with someone who is suicidal

If you are thinking of suicide......read this first
https://www.metanoia.org/suicide/index.html|A conversation and discussion directly to a suicidal individual with various resources and suggestion
Is Your Resident at Risk of Suicide?
https://cordemblog.wordpress.com/2017/02/21/is-your-resident-at-risk-of-suicide/
Makes a case that all residents are at risk based on Joiner’s theory of suicide and suggests ways to address this before there is crisis.

Suicide Safety Planning

Understanding Suicide Safety Plans
Article and videos on developing safety plans to address suicidal ideation before crisis

Case Discussion
MEDiC Series: Case of the Resident At-Risk
A case developed to discuss the issue around resident suicide including questions for discussion and expert commentary

Videos

Making the Difference: Preventing Medical Trainee Suicide
https://www.youtube.com/watch?v=I9GRxF9qEBA
A 4 minute video developed by the Mayo Clinic and the American Foundation for Suicide Prevention that address the ways to ask about suicide

I’m Good but are you Ready to Listen
https://www.youtube.com/watch?v=YPF09EvUUvA
A one minute video from the Veteran’s Health Administration

Books

Why Physicians Die by Suicide: Lessons Learned from Their Families and Others Who Cared
A 2017 book based in interviews with families, friends and colleagues impacted by physician suicide with recommendation to help prevent these events