

Failed Coping: Recognizing and Responding to Suicide Risk in Our Students, Residents and Colleagues

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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

<https://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm>

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

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Article and videos on developing safety plans to address suicidal ideation before crisis

Case Discussion

MEDiC Series: Case of the Resident At-Risk

<https://www.aliem.com/2017/medic-case-resident-at-risk/>

<https://www.aliem.com/2017/medic-case-resident-risk-expert-review-curved-commentary/>

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=YPFo9EvUUvA>

A one minute video from the Veteran's Health Administration

R U OK?

<https://www.youtube.com/watch?v=fMpSuK4RKak>

Simple conversation can save lives. Research has shown that talking to people at risk reduces their chance of taking their life.

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