

DESTIGMATIZED

Uncovering the strategies to combat the stigma of seeking help for mental health

40%

of physicians are reluctant to seek care for mental health.¹

30%

of Americans believe people with major depression are likely to be violent toward others.²

28%

of residents report at least moderate depressive symptoms.⁴

37%

of physicians look forward to retirement as an effective strategy for well being.³

OFFER PEER COACHING

Peer coaching is a proven and effective tool to help decrease burnout, address challenges and strengthen physicians' personal and professional well being.

UNDERSTANDING THROUGH SHADOWING

Shadowing is a step leaders can take to strengthen their understanding of what clinicians experience every day. This is especially important for administrators who don't have a medical background—and for those who were medically trained but haven't practiced for a while.

MODELING AND LEADERSHIP

When physicians see their colleagues sharing their challenges or accessing help, they're more likely to share and to seek help themselves. This is especially true when those modeling the behavior are in leadership positions.

CHECKING IN WITH COLLEAGUES

Individual physicians and colleagues can check in with others by asking the simple question: "How are you doing?"—and then really listen to the answer.

BANISHING THE STIGMA

To remove the shame or disgrace physicians often feel associated with seeking help, an organization must foster a culture that prioritizes, supports and embraces physician well being.

1. <https://www.aamc.org/news-insights/doctors-forgo-men-tal-health-care-during-pandemic-over-concerns-about-licensing-stigma#:~:text=Nearly%2040%25%20of%20physicians%20said,paper%20in%20Mayo%20Clinic%20Proceedings>
2. <https://www.ama-assn.org/practice-management/physician-health/5-reasons-physicians-are-less-likely-seek-support>
3. <https://www.ama-assn.org/practice-management/physician-health/5-reasons-physicians-are-less-likely-seek-support>
4. <https://jama-network.com/journals/jama/fullarticle/24/4424>

Contact us to learn more about strategies for normalizing physicians seeking help for their well being. Download our article *Physicians and their Experience with the Stigma for Seeking Help* to learn more about the causes and effective strategies related to destigmatizing physicians seeking care for their well being.

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