

### **Suicide Prevention:**

- [AMA Steps Forward Suicide Prevention Module](#)
  - Physician Suicide and Support – Identify at-risk physicians and facilitate access to appropriate care
- [Suicide Prevention Resource Center](#)
  - Clearinghouse for suicide prevention interventions
  - [Evidence-Based Prevention](#)
- [American Association of Suicidology - Workplace Suicide Prevention](#)
  - A wealth of information for workplace suicide prevention aimed at making suicide prevention a health and safety priority at work
- [American Foundation for Suicide Prevention](#)
  - [Interactive Screening Program](#)
    - Model program that organizations can implement to confidentially identify and support clinicians in distress
  - [Healthcare professional burnout, depression and suicide prevention](#)
- [Physician Support Line](#) or 888-409-0141
  - Psychiatrists helping our US physician colleagues and medical students navigate the many intersections of our personal and professional lives.
  - Free and Confidential
- [The Emotional PPE Project](#)
  - Connects healthcare workers in need with licensed mental health professionals who can help
  - No cost. No insurance. Just a trained professional to talk to
  - Free therapy for frontline HCPs
- [National Suicide Prevention Lifeline](#)
  - This national network of local crisis centers provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7
  - Call 800-273-TALK or chat online

### **Crisis Resources:**

- **Regional**
  - [Crisis Connections](#)
    - Covers King County and surrounding areas; five programs focused on serving the emotional and physical needs of people across Washington state
    - Call 206-461-3222 or 866-4-CRISIS
    - Programs include the 24-Hour Crisis Line, King County 2-1-1, Teen Link, and WA Warm Line
  - [Washington State Health Care Authority List of County Resources](#)
  - [Volunteers of America - Western Washington Crisis Response Services](#)
    - Everett
    - 24-hour emotional support to people in crisis and/or considering suicide
    - Call 800-584-3578 or chat online
- **Statewide**
  - [Washington 211](#)

- Free referral and informational help line that connects people to health and human services, available 24/7
    - Call 211
    - 211 also has a database of resources, with searches including crisis-intervention hotlines, outpatient substance abuse treatment and general counseling services
  - [Washington Recovery Helpline](#):
    - 24-hour crisis intervention and referral assistance for substance use, mental health and gambling issues
      - Call 866-789-1511
- **Nationwide:**
  - [Crisis Text Line](#)
    - Free, 24/7 support for those in crisis
    - Text 741741 to text with a trained crisis counselor
  - [Veterans Crisis Line](#)
    - A free, confidential resource that is available to all Veterans, service members (including National Guard and Reserve) and their family members and friends, even if you're not registered with the VA or enrolled in VA health care.
    - Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.
    - Call 800-273-8255 press 1, text 838255, or chat online
  - [Essential Therapy for Essential Workers](#)
    - Therapy Aid Coalition's mission is to develop a national network of psychotherapists, capable of responding to crises that occur within the United States. By offering support, training and compensation to our psychotherapists, we are able to ensure those impacted by national crises receive prompt quality care and support. By providing training opportunities and a community of support to our network of psychotherapists, we reduce the risk of burnout and vicarious traumatization.

**Suicide Postvention** (resources for supporting employees after a suicide):

- [Jeff Sung MD](#)
  - **Resources about suicide for organizations:**
  - Provides suicide prevention training acceptable for DOH training requirements for health care professionals. Provides trainings as well as consultation.
  - [drjcsung@yahoo.com](mailto:drjcsung@yahoo.com)
  - Phone: 206-240-1788
- [US Department of Veterans Affairs – Uniting for Suicide Postvention](#)

**Physician Wellness:**

- [WPHP Physician Wellness Page](#)
  - Find links to wellness activities, including classes about Mindfulness for Health Care Professionals and Mindfulness Based Stress Reduction
  - Or contact WPHP at 800-552-7236 or [leadership@wphp.org](mailto:leadership@wphp.org) to ask for resources without making a formal referral