Resources for Wellness

NATIONAL PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

HELPLINE: 800-950-6264
TEXT NAMI TO 741741
https://www.nami.org

YELLOW RIBBON
Suicide Prevention Program®
www.yellowribbon.org

An AAOA – Sponsored Program
https://www.fsphp.org/state-programs

#BeThe1To
BE THE ONE TO SAVE A LIFE.
YOU CAN DO SOMETHING TO PREVENT SUICIDE.
FREE RESOURCES

Together, we can change them.
With your support, the Federation of State Physician Health Programs works to support physician health programs in improving the health of medical professionals, thereby contributing to quality patient care.

https://www.fsphp.org/state-programs
Mindfulness & Meditation

The power of mindfulness: What you practice grows stronger
https://youtu.be/leblJdB2-Vo

Sensory counting:
• Focus on one stimulus (see, hear, smell, or feel)
• Block everything else out
• Focus on every aspect of that stimulus, then notice other senses
  https://www.sharonsalzberg.com/topic/day-4-counting-breath-meditation/

Simple breathing exercise:
https://www.youtube.com/watch?v=vXZ5l7G6T2I&feature=youtu.be

Guided deep breathing video:
https://www.youtube.com/watch?v=VLwHm5mkwl4