

# Suicide Prevention Resources for Healthcare Workers

## You Are Not Alone

Suicide among **working-age adults (16–64)** in the U.S. has **increased ~33% over the past 20 years**. (Aaron Sussell, et al., 2023)

A study of **1.84 million** U.S. workers found that **healthcare workers** face a **32% higher risk of suicide** compared to non-healthcare workers. (Olfson M, 2023)

In a 2025 study, among 5,898 healthcare personnel over 2009–2024, **18.2%** reported **current suicidal thoughts/behaviors** with **higher PHQ-8 scores, loneliness, hopelessness, and maladaptive coping**. (Sijia Zhang, 2025)

**41.8%** of **nurses** report they **witnessed or experienced** an **“extremely stressful, disturbing, or traumatic event”** related to the pandemic. (Alanna Bergman & Cynda Hylton Rushton, 2025)

**40%** of **physicians** report avoiding mental health care due to **fear of licensing or career consequences**. **48%** of **physicians** report **knowing a colleague who would not seek mental health care even if suicidal**. (Swapnil S. Mehta, 2018)

**36%** of **nurses** report **stigma** when considering **mental health care**. (Alanna Bergman & Cynda Hylton Rushton, 2025)

## Crisis Hotlines

**988 Suicide & Crisis Lifeline** – ([988lifeline.org](https://988lifeline.org))

Free, 24/7, call/text/online chat

**Crisis Text Line** – ([crisistextline.org](https://crisistextline.org))

24/7 crisis support for healthcare workers Text “10-18” or “SCRUBS” to 741741

**Safe Call Now** – ([safecallnow.us](https://safecallnow.us))

confidential 24/7 crisis and support service for medical professionals and their family members. Call 1-206-459-3020.

## Resources Available

**Well-Being Index – Self Assessment**

([app.mywellbeingindex.org/assess](https://app.mywellbeingindex.org/assess))

A confidential self-assessment developed by the Mayo Clinic that assesses your current level of well-being and how it compares to your peers - gain access to just-in-time resources designed to promote your well-being.

**Dr. Lorna Breen Heroes' Foundation** – ([drlornabreen.org](https://drlornabreen.org))

Focuses on reducing burnout and improving mental health access for health professionals, a wealth of resources and tools specific to healthcare workers and those in management.

**MN Dept. of Health** - ([health.state.mn.us/communities/suicide](https://health.state.mn.us/communities/suicide))

**American Association of Suicidology** – ([suicidology.org](https://suicidology.org))

**Mental Health Minnesota** – ([mentalhealthmn.org](https://mentalhealthmn.org))

Free, confidential and anonymous services, tools and resources.

**American Foundation for Suicide Prevention**

([afsp.org/suicide-prevention-for-healthcare-professionals](https://afsp.org/suicide-prevention-for-healthcare-professionals))

Offers evidence-informed programs and resources and supports public policies to prevent suicide and support healthcare professionals. ([MN Chapter - afsp.org/chapter/minnesota](https://afsp.org/chapter/minnesota))

**NAMI Frontline Wellness**

([nami.org/frontline-professionals/health-care-professionals](https://nami.org/frontline-professionals/health-care-professionals))

Find information and resources created especially for frontline healthcare professionals.

**Emotional PPE** – ([emotionalppe.org](https://emotionalppe.org))

Volunteer-run non-profit organization which connects health workers with licensed mental health professionals for free therapy services, no insurance required.

**Peer RX Med** – (<https://www.peerrxmed.com/>)

A free peer-to-peer program for healthcare professionals which offers support, connection, encouragement, resources and skill building for optimal well-being.

**American Nurses Association -  
Nurse Suicide Prevention/Resilience**

([www.nursingworld.org/practice-policy/nurse-suicide-prevention](https://www.nursingworld.org/practice-policy/nurse-suicide-prevention))