

Mental Health Resources - Physicians



These mental health resources are focused on physicians and are available to help when needed. Some resources are only available in the United States. Underlined words are hyperlinked directly to the website

Physician Support Line: 1 (888) 409-0141

Service where psychiatrists provide help for physicians and medical students. This resource is free, confidential, and requires no appointment.

Open 7 days a week 8:00AM - 1:00AM ET (5:00AM-10:00PM PT)

Therapy Aid Coalition:

Free and low-fee short-term therapy for essential workers.

therapyaid.org/

National Suicide Prevention Lifeline: **1-800-273-8255**

Lifeline that provides 24/7, free, confidential support for mental health crises.

The Emotional PPE Project:

This resource connects health care workers with licensed mental health professionals for free.

emotionalppe.org/

Crisis Text Line: Text HOME to 741741 (US and Canada)

Free 24/7 support via text and WhatsApp.
UK: Text 85258; Ireland: Text 50808

Frontline Therapy Network:

This resource provides emotional support for those serving on the frontlines.

thebattlewithin.org/frontline-therapy-network

The Disaster Distress Helpline: 1-800-985-5990

A 24/7, toll-free, confidential, multilingual national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

PeerRxMed:

A free, peer-supported program to help physicians thrive personally and professionally.

peerrxmed.com/

The Rowland Academic House:

A highly specialized facility dedicated to helping physicians recover from burnout or improve their transition from a residential center to clinical practice.

rowlandacademichouse.com/

Provider Resilience App:

This app provides self-assessments for providers to measure burnout, stress, and resiliency. It also provides a toolbox to help build resilience and reduce burnout.

apps.apple.com/us/app/provider-resilience/id559806962

