



## End The Silence

As emergency physicians, we are asked to care for anyone, anywhere, anytime. Statistically, we will all make mistakes. This can be a heavy burden, no matter how resilient we are.

If you or a colleague are dealing with burnout, moral injury, second victim syndrome, compassion fatigue, or depression...

**You're Not Alone.**

### Warning Signs

- Feeling very sad for more than two weeks
- Withdrawal from social activity
- Agitation or out-of-control behavior that risks or harms yourself or others
- Significant weight loss
- Excessive use of alcohol/drugs
- Drastic changes in mood, behavior or sleeping habits
- Extreme difficulty concentrating
- Intense fear or worry that interferes with daily life

### Helpful Contacts

Need help for yourself or someone you're concerned about?

**Call or Text 988**

Suicide & Crisis Lifeline  
Available 24/7/365

**Physician Support Line**

1 (888) 409-0141  
M-F 8:00 AM - 12:00 AM ET  
Free, Confidential & Anonymous

**Just want to talk?**

Connect with a Support Giver  
Call or Text "ACEP" to 858-367-3001

**It's ok to get help.**

[nami.org/findsupport](https://nami.org/findsupport)  
[acep.org/wellness](https://acep.org/wellness)