

Table 3. External resources for physicians.

Resource	Description	Website
PeerRxMed	Peer support program for physician and care team members	<a href="https://www.peerrxmed.com/">https://www.peerrxmed.com/</a>
National Alliance on Mental Illness	Peer support for people living with mental health conditions, family members, caregivers, mental health providers	<a href="https://www.nami.org/home">https://www.nami.org/home</a>
Physician Support Line	Staffed by psychiatrists, anonymous, confidential	<a href="https://physiciansupportline.com/">https://physiciansupportline.com/</a>
988 Suicide and Crisis Lifeline	Overseen by the Federal Communications Commission	<a href="https://988lifeline.org/">https://988lifeline.org/</a>
The Physicians Foundation	A Personal Crisis Management Plan for Physicians —to communicate to others your warning signs	<a href="https://physiciansfoundation.org/">https://physiciansfoundation.org/</a>