This month’s newsletter focuses on suicide prevention and resources for those intervening. We hope you will find some useful considerations and strategies to help elicit conversation around suicide and provide helpful information regarding dealing with and intervening in situations involving suicide.

1. **Resources available:**
   - **Crisis Text Line** (Text START to 741-741)
   - **National Suicide Prevention Lifeline** (1-800-273-8255)
   - **Wyandotte Mental Health Center** [Located in KC] (913-788-4200)
   - **Headquarters Center** [Located in Lawrence] (785-841-2345)
   - **KUMC Counseling & Educational Support Services**

2. **Depression, the warning signs of suicide, and the susceptibility of medical trainees to suicide:**
   - **Depression: A Student’s Perspective** – This video educates students about depression in order to minimize the stigma that is associated with the medical condition.
   - **Residency Training, Long Hours, and the Effects on Patient Outcomes** – In certain cases, physicians equate "suffering" with "commitment" and believe that a residency should be grueling and difficult. The video discusses the issues related to how we residents, and what new studies say about it.
   - **Preventing Medical Trainee Suicide** – This video from Mayo Clinic and the American Foundation for Suicide Prevention explains how everyone can help prevent suicide by being alert for the signs of depression and escaping stress and how to be most helpful.
   - **I’m Fine** - How to live with Depression. How we hide behind the phrase “I’m fine” in response to how we might be struggling, while we might be terribly struggling.

3. **Inspirational Videos of the Month:**
   - **I Jumped Off the Golden Gate Bridge** – The story of Kevin Hines. He survived his attempted suicide off the Golden Gate bridge, now he utilizes his story to spread suicide prevention awareness.
   - **I’m Fine** – How to live with Depression. How we hide behind the phrase “I’m fine” in response to how we might be struggling, while we might be terribly struggling.