



TAKE 5 SUPPORTING LEARNERS SEEKING HELP

Strategies for helping learners who seek help for emotional and mental health concerns.

1

ADDRESS THE STIGMA

- Discuss the stigma against emotional and mental health problems in medicine.
- Acknowledge the reluctance to seek help

2

SUPPORT PSYCHOLOGICAL SAFETY

- Create a dialogue around the strength required for help-seeking.
- Share stories of personal recovery.

3

BE FLEXIBLE

- Know your program's personal health time-off policies.
- Support learners' requests to take time off for personal health needs.

4

PROMOTE SELF-CARE

- Encourage self-assessment using the Well-Being Index.
- Urge learners to access just-in-time resources.

5

DO YOUR PART

- Help build a culture of well-being.
- Connect the dots between help-seeking and delivering optimal patient care.

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