Doctor With Suicidal Ideation - What Saved His Life Transcript

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Physician Suicide and Mental Health

Yeah, I mean, suicidal ideation is something that I think is more common than we realize, especially among physicians. In actual suicide, it's like 1 in 400 physicians annually.

And even just this past year, we've had a couple of our physicians in our network here died by suicide. I hit a low point. You know, I think you get to a situation where you're not taking care of yourself, you are not eating right, your not sleeping.

And I had been on call, and I was in a relationship that I thought, ya know I love this person, she loved me. and i wasn't around. i was busy, i preparing for my career and couldn't go out and party on Cinco de Mayo.

I was on call dealing with sometimes unpleasant things that happen to come into the emergency department, but that's part of who we are. We deal with it.

It doesn't matter what your background is, who you are, if you're sick or injured, we take care of you. And that evening I got a call from the Emergency Department and they said, yeah, unfortunately has a retained foreign body and got to take him to the OR.

And just before I'm about to go to an OR, I get a call from my girlfriend. She said, you're no fun. I want to break up. Click. Got a patient. Get through the case and then kind of just up the rest of the night and on post call early the next morning, still just kind going without processing or thinking.

And something just inside me said, I'm going to kill myself. And I knew exactly where I was going go, how I going do it.