16 Warning Signs of Clinician Distress

*Signs that may signal a need to reach out for help

1. Feeling Helpless and Hopeless	2. Dissociative Moments
3. A Sense That One Can Never Do Enough	4. Sense of Persecution
5. Hypervigilance	6. Guilt
7. Diminished Creativity	8. Fear
9. Inability to Embrace Complexity	10. Anger and Cynicism
11. Minimizing	12. Inability to Empathize/ Numbing
13. Chronic Exhaustion/ Physical Ailments	14. Addictions
15. Inability to Listen/ Deliberate Avoidance	16. Inflated Sense of Importance in One's Work

If you or someone you know is struggling or in crisis, help is available right now. You can call or text 988, or chat at 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

SCHOOL OF MEDICINE
PROFESSIONAL WELLBEING