



NAMI Commitment Statement on Clinician Well-Being and Resilience

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We recognize that health care professionals across the country routinely face burnout and experience high rates of trauma and depression. We additionally share concern at the high incidence of suicide, and believe that more work is needed to prevent these tragic outcomes. Thus, NAMI is proud to endorse the mission of the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience.

It has never been more important to support the mental health needs of health care professionals. NAMI has joined this effort with the development of [NAMI Frontline Wellness](#), featuring information and rapid access, digital resources specific to frontline health care professionals. These include free, confidential professional and peer support options, as well as content on managing stress and building resilience.

Our efforts – and those of our NAMI State Organizations and NAMI Affiliates – are aimed at removing the barriers that prevent health care professionals from accessing vital mental health support and addressing symptoms resulting from cumulative stress and trauma.

NAMI supports organizations that seek to provide strategies for supporting overall clinician well-being and is prepared to assist the Collaborative by promoting resources, supporting research, and amplifying efforts at the local level to reach health care professionals throughout the country.

We stand with our frontline professionals; they are *not* alone.

A handwritten signature in black ink that reads "Daniel H. Gillison, Jr." in a cursive style.

Daniel H. Gillison, Jr.
Chief Executive Officer

A handwritten signature in black ink that reads "Ken Duckworth, M.D." in a cursive style.

Ken Duckworth, M.D.
Chief Medical Officer

