A survey by the Kaiser Family Foundation noted that despite more than half of frontline healthcare workers saying that worry and stress from COVID-19 has led to adverse health effects, only 13% had received mental health services and 20% thought they needed mental health services, but didn’t use them. While there are systemic reasons for this gap between need and service utilization like time and money, many people remain afraid or embarrassed to seek care. They worry that it will affect how colleagues, supervisors, and patients feel about them, and even how it might affect their ability to practice medicine. This lecture will talk about the latter out loud and ways that we can change medical culture to make help seeking normal.

Jessica "Jessi" Gold, MD MS
Assistant Professor
Director of Wellness, Engagement, and Outreach
Department of Psychiatry
Washington University in St. Louis

Program Goal:
1. Describe one story of self-stigma and difficulty identifying need for mental healthcare
2. Summarize the culture of healthcare and how that prevents help seeking for mental health needs
3. Identify ways to use self-disclosure and vulnerability as tools for culture change

Target Audience: Critical Care Medicine, Sleep Medicine, Pulmonology Medicine

Financial Disclosure Information:
Richard Matthay, MD, Course Director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
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For questions, email deborah.lovejoy@yale.edu; For information to register for remote attendance via Zoom, email yalepccsm.grandrounds@yale.edu