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J. E. Davidson, M. Richardson

Workplace Wellness: From Resiliency to Suicide Prevention and Grief Management

A Practical Guide to Supporting Healthcare Professionals

- Provides actionable strategies to optimize wellness among health professionals
- Breaking down barriers to explore the taboo topics of mental health disorders, substance use and suicide
- Offers practical evidence-based approaches to identify colleagues in need of help

This book uniquely provides actionable strategies along the wellness continuum in multiple dimensions: personal, institutional and professional; while applicable across disciplines: nursing and allied health, advanced practice providers and physicians. Further, the content is presented in a manner that can be taught to those entering the workforce, or serve as a primer for Wellness Officers. Most mental health texts focus on the needs of patients and ignore the mental health needs of clinicians. This book fills that gap embracing wellness initiatives as a matter of mental health. Wellness strategies for Inclusion Diversity and Equity are presented. The often ignored subject of suicide is approached head-on with evidence-based strategies for prevention. At the far end of the continuum of wellness, grief management after losing a colleague to death and/or suicide will be addressed. Each chapter includes learning objectives, a brief presentation of the science, application of principles into wellness practice, opportunities for future research and discussion questions. Artwork created [...]

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