

# Free, Anonymous Screening Tool Addresses TN Health Professional Mental Health Concerns



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Increased mental health concerns among health professionals was deemed a public health crisis even before the pandemic; post-COVID conditions have intensified longstanding challenges and contributed to worsening problems, including compassion fatigue, depression, anxiety, substance use disorders, and suicidal thoughts. Burnout among these

professionals has reached crisis levels, according to the Centers for Disease Control.

Physicians at every level, including students, residents, and fellows, battle fear, stigma, and other barriers to seeking mental health care. We are pleased to let you know about a community that will help



The Tennessee Professional

Screening Questionnaire (TN-PSQ) is a free, online resource provided by the Tennessee Medical Foundation that allows you to anonymously:

- Take a brief questionnaire for stress, depression, and other mental health conditions
- Receive a personal response from a program counselor
- Exchange messages with the counselor, ask questions, receive recommendations and support for connecting with available mental health services.

Completing the online questionnaire and making use of this service is completely voluntary. ***Your identity will not be known to SVMIC or to the TN-PSQ counselor unless you decide to share it.***

SVMIC is committed to supporting our community to maintain optimal wellness. If you have any questions about this service, please contact Brenda Williams-Denbo at [brendaw@e-tmf.org](mailto:brendaw@e-tmf.org) or 615-467-6411.

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