Please join us:

Mental Health and Resilience in Medicine: Combating burnout by being honest with ourselves
AN INTERACTIVE CONFERENCE

Saturday, September 23, 2017

An inaugural campus- and region-wide dialogue on physician and medical student well-being:
- Obtain the skills and tools to achieve Emotional Intelligence
- Address the problem of physician depression and suicide
- Learn about resilience and self-authenticity

SAVE the DATE

SEP 23 2017

REGION 1 Presents

Mental Health and Resilience in Medicine:
Combating burnout by being honest with ourselves
AN INTERACTIVE CONFERENCE

Yale School of Medicine
The Anlyan Center
Registration 9:00 am
PsychSIGN Regional Conference  
Yale School of Medicine  
The Anlyan Center (TAC)  
Saturday, September 23, 2017  
Registration: 9:00 am

Registration is FREE

http://medicine.yale.edu/psychiatry/psychsign  
(Please view on a computer to access the full menu)

**Who Should Attend?**  
- ALL medical specialties and levels of training  
- Medical Students  
- Residents  
- Attending Physicians  
- Medical Education and Residency Program Leadership  
- Healthcare providers of all levels

**Why Should You Attend?**  
The theme of the conference is pertinent across **ALL medical specialties and levels of training**. Let's come together and **EMPOWER ourselves** to address the issues we face as a medical community.

**Skills-building workshops** will be incorporated in the morning and afternoon, with a **networking lunch with Program Directors** and an optional wellness walk after the conference.

Please note: If you have apprehensions speaking with Program Directors regarding mental health, please know that the networking lunch is a dialogue focused on promoting a culture of well-being. Unless you wish to share, your personal mental health will not be discussed.

**Aim**  
The goal is not to add more "stuff" to an already busy schedule, but rather to **educate** on the manifestations of burnout and **improve** our approach in our day-to-day lives to **achieve long-term well-being**.

For details and registration, please visit our website:  
http://medicine.yale.edu/psychiatry/psychsign

To register directly:  
https://goo.gl/forms/xnLSQBDvoZgXuR9j1

Thank you and we hope to see you there!

Warm regards,

**Frances Javier**  
YSM Class of 2018  
Regional Chair, Psychiatry Student Interest Group Network  
President, Yale Medical Student Psychiatric Association

**Shivani Bhatt**  
YSM Class of 2021  
President, Yale Medical Student Psychiatric Association