The statistics on the negative effects of medical training on student well-being are alarming:

- 27.2% have depression or depressive symptoms. 1
- 11.1% have suicidal ideation. 1
- Rates psychological distress, anxiety and burnout are high. 2,3,4

Medical school initiatives to improve student mental health have included education about mental health, wellness and access to care, stigma reduction, wellness programming and curricular changes. 5,7

Show-Me Compassionate Medical Education Day designated by Missouri Senate Bill 52 designed to raise awareness of mental health, risk depression and suicide faced by medical school students. The bill also promotes research on the topic to find ways to improve well-being and save lives. 8,9

References
7. G toast, B.C., Rodgers, S. A comprehensive medical student wellness program--design and implementation at Vanderbilt School of Medicine. Acad. Med. 2010;85:103–110. doi: 10.1097/ACM.0b013e3181c46963

Next Steps
- Show-Me Compassionate Medical Education Day on the third Monday in September beginning in 2018
- Ensure the State of Missouri is kept aware of all school activities through work with the Missouri Department of Mental Health
- Ongoing communication of all Missouri Medical Schools through email listserve

Bi-annual meetings of the Medical Schools...