

March 30, 2025

Minnesota Senate Health and Human Services Committee
Senator Melissa Wiklund
Anna Burke anna.burke@mnsenate.gov

Dear Senator Melissa Wiklund and Members of the Senate Health and Human Services Committee:

The Minnesota chapter of the American College of Physicians (MN-ACP) represents nearly 2500 internal medicine physicians and internal medicine trainees that take care of adult patients in clinics/hospitals throughout the state.

On behalf of the Minnesota chapter of the American College of Physicians, we respectfully encourage you to support and vote in favor of **SF831 which prioritizes healthcare worker mental health**.

- National data shows that nearly 50% of healthcare workers, including nearly 60% of physicians surveyed, experience high levels of burnout, leading to increased absenteeism, reduced quality of patient care, and a higher turnover rate. This cycle not only affects the personal lives of healthcare workers but threatens the stability of healthcare systems.
- The Treat Yourself First campaign is a pivotal shift in the culture surrounding mental health among healthcare professionals. The current stigma associated with seeking help is detrimental to the health and well-being of both providers and patients. Healthcare workers often feel compelled to prioritize the needs of patients over their own, thinking that asking for help would be seen as selfish, feeble, or incompetent. In addition, many healthcare workers do not seek care due to fears over the possibility of repercussions in our careers if they openly discuss mental health struggles. This culture of silence is damaging and counterproductive, ultimately hindering the ability to provide the best care possible and pushing capable healthcare workers out of the workforce. When healthcare workers prioritize their own mental health, they enhance their own capacity to care for patients effectively.
- The Treat Yourself First campaign focuses on encouraging healthcare workers to get help if they need help. It aims to address the identify symptoms of burnout and reduce stigma about seeking professional help.

We urge you to consider the tremendous benefits that funding from the state of Minnesota for this campaign could provide. By supporting this legislation, you will take a significant step toward a healthier healthcare system. We respectfully encourage you **to support and vote in favor of SF831**. Thank you for your consideration. Please contact Minnesota.ACP@gmail.com if you have any additional questions.

Sincerely yours,

Tseganesh Selameab, MD

Tseganesh Selameab, MD, FACP
MN-ACP Governor

Sally Berryman, MD

Sally Berryman, MD, FACP
MN-ACP Health Policy Committee Chair