

# Physician Health Program

## Supporting your well-being.

Confidential, personalized support for BC physicians, medical learners and their families with issues such as mental health, relationship stress, career and life transitions and concern for colleagues.



## Our Services

- 24/7 confidential helpline\*
- Short-term counselling\*
- Referrals to specialized coaches and therapists\*
- Help supporting a colleague
- Connection to a Primary Care Provider
- Peer support
- Return to work support
- Occupational health consultations
- Psychiatric consultations
- Wellness Workshops

\*Only these services are available to family members of physicians, residents and medical learners

### CONTACT US:

**24-hour helpline:** 800 663-6729

**Office line:** 604 398-4300

**Email:** [info@physicianhealth.com](mailto:info@physicianhealth.com)

**Website:** [physicianhealth.com](http://physicianhealth.com)

“I was immediately relieved by the response I got after having taken the largest obstacle of making contact with PHP. The response was not only confidential, but also personal, human, and reassuring. It felt like speaking to a close friend, especially when speaking to the Program Physician.”

— Mid Career Physician

### WHO WE HELP:

- All BC Physicians
- Medical students, residents and fellows
- Physicians' families, including spouses, partners and dependent children (25 years old and younger)

**Physician  
Health  
Program**

**doctors  
of bc**

# Our Services

## 24/7 CONFIDENTIAL HELPLINE\*

Connect immediately with a master's trained licensed clinical counsellor and access to other PHP services.

## SHORT-TERM COUNSELLING\*

Flexible short-term counselling from a network of master's level clinical counsellors.

## REFERRALS TO SPECIALIZED COACHES AND THERAPISTS\*

Connect you with a specialized coaches or counsellors beyond short-term counselling. These referrals are outside of the PHP affiliated network and you may need to self-pay.

## SUPPORTING A COLLEAGUE IN NEED

If you are concerned about the health and wellbeing of another colleague, PHP will work with you to ensure they get the help they need.

## CONNECTION TO A PRIMARY CARE PROVIDER

We can help connect you with your own family physician.

## PHYSICIAN PEER SUPPORT

Confidential, expert 1:1 peer support from a trusted physician colleague, and virtual peer support groups.

## PSYCHIATRIC CONSULTATIONS

One-time psychiatric consultations by our in-house psychiatrist, available only through recommendation by PHP clinical staff.

## OCCUPATIONAL HEALTH CONSULTATIONS

We support you with understanding the relationships between your work and health. We may offer recommendations on accommodations that can be considered.

## RETURN TO SCHOOL OR WORK

Coaching, planning, and follow-up support to help you transition back to school or work after an illness, parental leave or other prolonged absence.

## WELLNESS WORKSHOPS

Educational workshops for physician groups or leadership on topics related to physician wellness.

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“As a new to practice physician, I reached a state of complete burnout and exhaustion in my personal and professional lives. The only place I felt comfortable turning to was the BC PHP. I trusted they would understand what it is like to be a patient but also a physician. With the support of the BC PHP providers, counselling and the Physician Only CBT Skills course, I can confidently say I am well. I have never enjoyed life more and I am proud to be a BC physician.”

— Early Career Physician

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**Confidentiality:** Contacting us is as confidential as contacting your own family physician. Any personal or health information you provide to PHP, including the fact that you contacted us, will be held in the strictest confidence.