



WELLNESS RESOURCE LIST

CRISIS SUPPORT

9-1-1 if you are in an emergency

1-800-SUICIDE (1-800-784-2433) if you are considering suicide or concerned about someone who may be

310Mental Health Support at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health

Kid's Help Phone at 1-800-688-6868 to speak to a professional counsellor, 24 hours a day

Alcohol & Drug Information and Referral Service at 1-800-663-1441 (toll-free in BC) to find resources and support

WELLNESS SUPPORT

CRITICAL INCIDENT STRESS MANAGEMENT (CISM): Safe and confidential process to help those impacted by critical incidents (death/suffering of a patient, resident or colleague; witnessing or responding to an incident; sustaining physical injury; verbally/physically threatened or assaulted)

- Contact **WorkSafeBC** at 1-888-922-3700

THRIVING PROJECT: Building a community of practice for learning, support, solace and inspiration to enhance wellness of rural healthcare practitioners across BC. Register for free [here](#).

INDIGENOUS WELLNESS SUPPORT

THE HOPE FOR WELLNESS HELPLINE: Immediate 24/7 help to all Indigenous peoples across Canada

- 1-855-242-3310 or connect to the online chat at hopeforwellness.ca

KUU-US CRISIS LINE SOCIETY: 24-hr crisis line for Indigenous peoples across BC.

- Toll-free number at 1-800-588-8717

PHYSICIAN HEALTH PROGRAM

24/7 CONFIDENTIAL HELPLINE: Connect immediately with a license clinical counsellor

SHORT-TERM COUNSELLING: Receive counselling from a network of counsellors who are trained and experienced

PEER SUPPORT*: 1:1 and virtual physician peer group to support with complaint, negative clinical outcome, workload stress or other challenges

PSYCHIATRIC CONSULTATIONS*: Free, one-time psychiatric consultations

CONTACT PHP:

24-hour helpline: 1-800-663-6729

Office line: 604-398-4300

Email: info@physicianhealth.com

WHO DO THEY SUPPORT:

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

*These services are available to physicians and medical learners only

ACKNOWLEDGEMENTS

