



# 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

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## 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](#).

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## 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](https://hopeforwellness.ca)

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

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

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## 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](mailto: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

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## ACKNOWLEDGEMENTS



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