



PROGRAM OVERVIEW



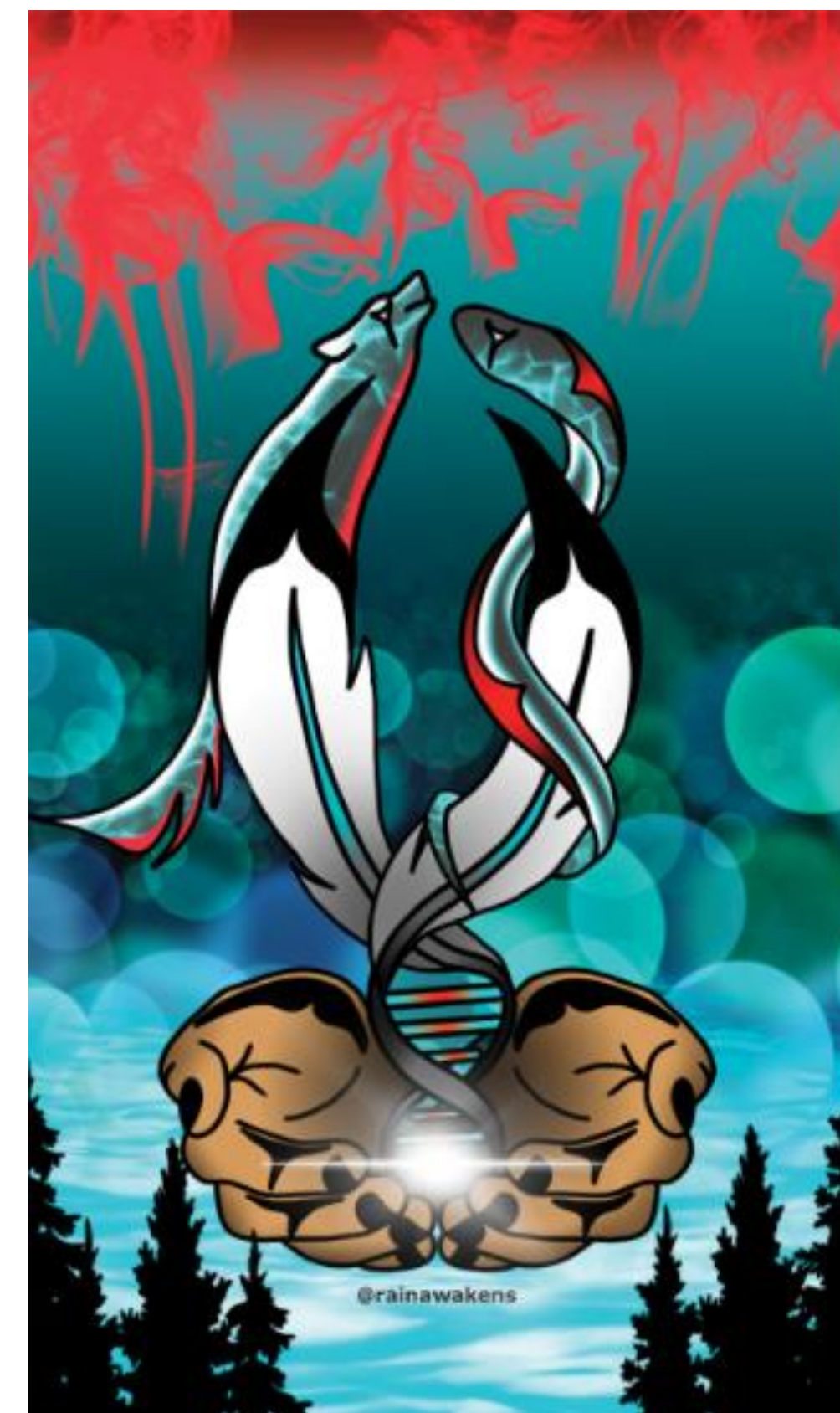
# Physician Health Program

If you need help, we are here for you

[www.physicianhealth.com](http://www.physicianhealth.com)  
[1.800.663.6729](tel:18006636729)



# Territory Acknowledgement







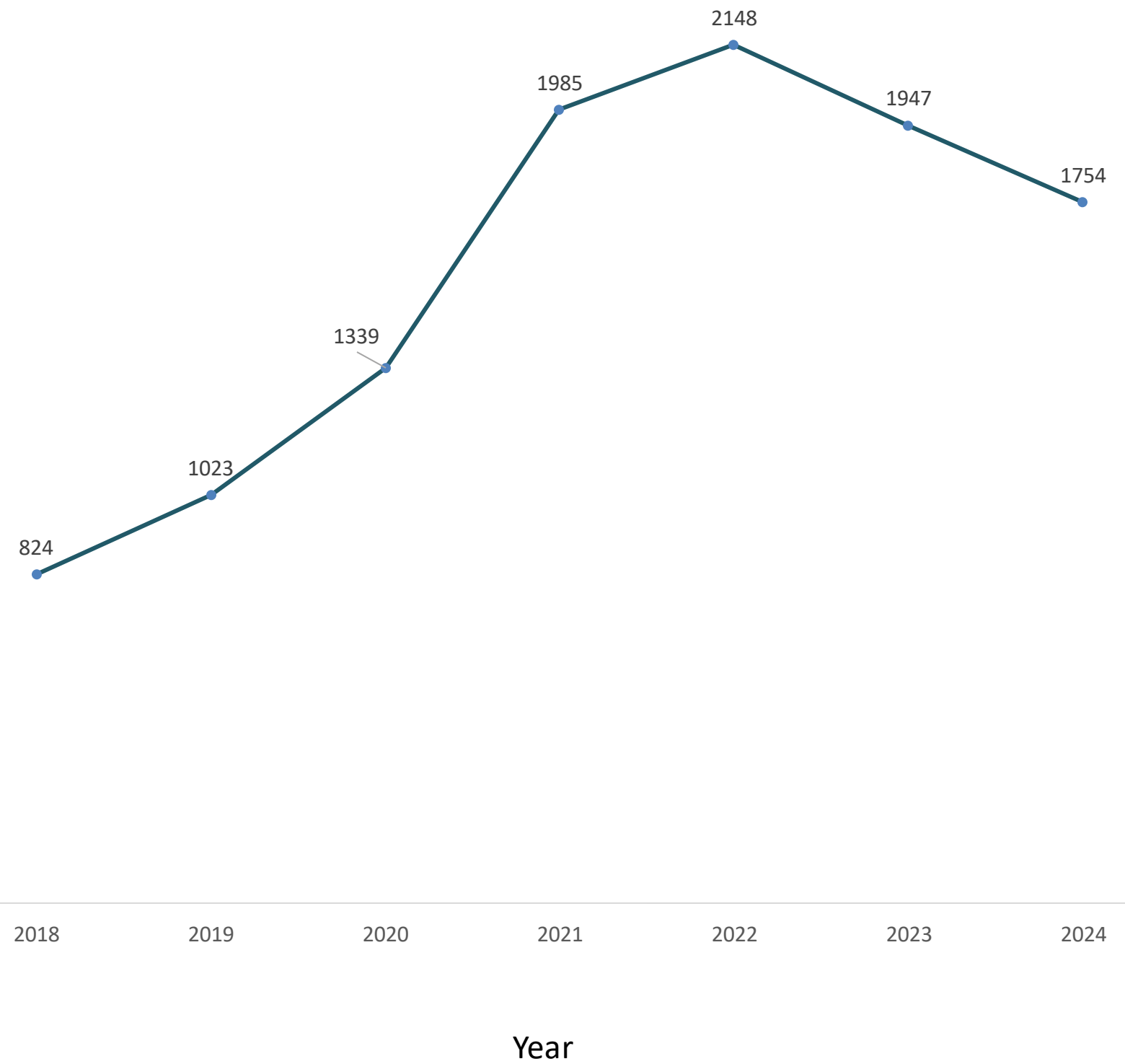
# Our Vision

To support a healthy, empowered physician community and be a trusted service in times of need.

# Our Mission

To care for the health of BC physicians, medical learners and their family members by providing confidential, accessible services and by collaborating with physician health stakeholders.

# Number of New Cases Per Year



# Top 5 Reasons Physicians Reach Out

- Connection to Family Physician/Nurse Practitioner
- Anxiety and stress; occupational stress or burnout
- Marital/partner relationship issues
- Anxiety, depression, mood and other mental health disorders
- Parenting



"I found it scary to acknowledge how large an issue my anxiety had become and I struggled to overcome the initial impulse to try to work through it on my own. I didn't understand why my mind seemed to be reacting in such a different way than in the past. In retrospect it was absolutely 100% necessary to contact PHP and I would not be back to medical training without the support network the PHP connected me to."

– Resident Physician

# Our Services



## **24/7 Helpline**

Call for crisis support and  
accessing our other  
services



## **Peer Support**

Connect with a  
physician peer who  
understands in a 1:1 or  
group setting



## **Counselling**

Connect with a  
licensed Clinical  
Counsellor who is  
experienced in  
helping physicians



## **Community Referrals**

Connect with  
specialized coaches,  
therapists, and  
community specialists

“The whole process was speedy and efficient but, most of all, I was impressed by the kindness and empathy of the clinical coordinators and intake physician. I would encourage any physician who is suffering to contact the PHP – there is much to gain and nothing to lose.”

–Late Career Physician



# Our Services



## Concerned Colleagues

Receive advice for helping  
your physician colleague  
get the support they  
need



## Primary Care Connection

Get connected with  
your own personal  
family physician



## Return to Work/School

Receive support,  
coaching and  
planning to transition  
back to work/school  
after a leave



## Strengthening Workplace Relationships

Enhance workplace  
relationships and  
improve communication  
habits

“Reaching out to the PHP has been the best decision I have taken during this difficult time. I was offered so many resources, and I was able to choose what was appropriate for me. The PHP has accompanied me during the whole process of medical leave, helping me deal with my disability insurance claim and the negotiation for ending my contract, and has connected me with medical support and therapy sessions.”

–Early Career Physician

# Group Services



## **BIPOC Peer Support Group**

4-week series group  
starting, May 27 2025  
from 4:30-6:00 pm PST.



## **CBT Skills for Physicians & Residents**

8-week program starting,  
March 6 2025 from  
8:00-10:00 am PST



## **CBT for Insomnia**

6-week program  
starting, March 18  
2025 from 6:30-  
8:00pm PST

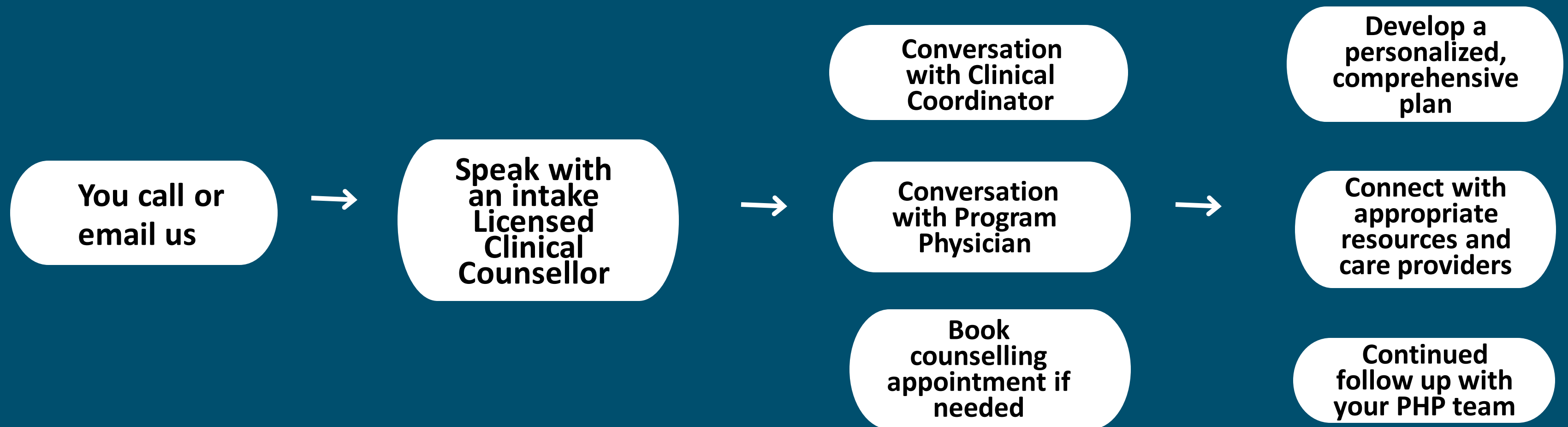


## **ADHD/Executive Function Groups**

2025 dates coming  
soon



# What happens when you call?



“When I called PHP, I was surprised with how fast, organized and thoughtful the process to connect me with the support I needed. Within a few days of my initial call I’d already felt I was on a path towards feeling well again. It’s almost a full 180 now, back to residency, enjoying life and looking ahead with confidence.”

– Resident Physician



# Key Messages

- PHP is confidential – we do NOT receive funding from the College
- We are experts in physician health
- Call us early – you do not need to be at rock bottom to call us!
- You can call us anonymously
- If you are concerned about a colleague, call us!
- Our services are free.





## Other PHP Wellness Initiatives

- Provincial Peer Support Initiatives – 2025 applications open March 3
- Physician Wellness Network Gatherings
- Wellness Workshop Suite to build capacity for Physician Wellness learning opportunities



# Contact

Kindly contact us if you need support or have any questions



## Contact Us



24/7 help: 1800-663-6729



Office: 604-398-4300



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[www.physicianhealth.com](http://www.physicianhealth.com)