

# Physician Health Program

[physicianhealth.com](http://physicianhealth.com)  
1 800 663-6729

doctors  
of **bc**

Physician  
+Health  
Program

# Land Acknowledgement

For Doctors of BC, acknowledging the traditional territories is an expression of cultural humility that involves recognizing our commitment to support the provision of culturally safe care to First Nations, Inuit, and Métis people in BC.

doctors  
of bc

Physician  
Health  
Program

# Our Vision

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

# Our Mission

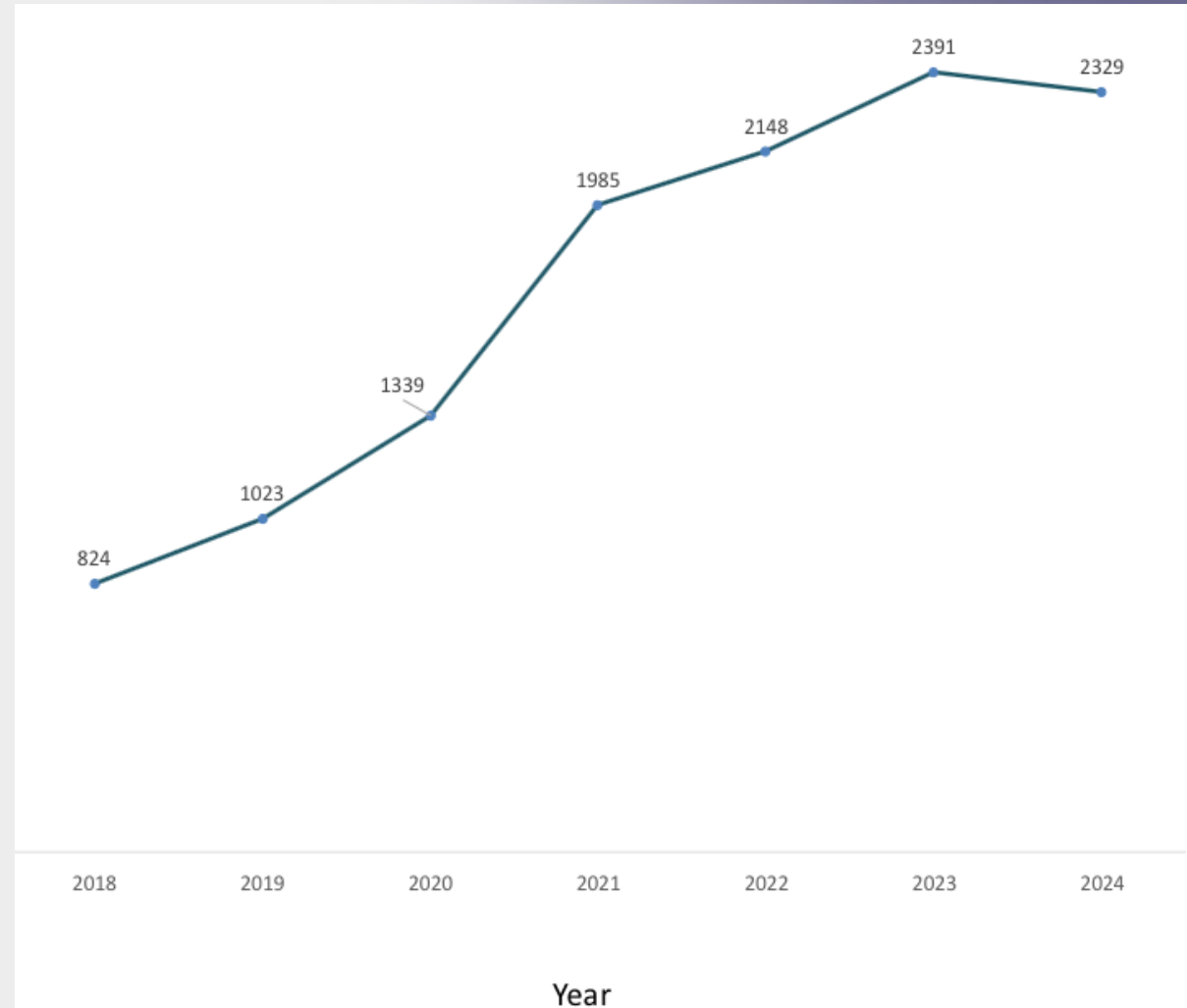
To care for the health of BC physicians, medical learners and their family members by providing confidential, accessible services and by collaborating with physician health stakeholders.



doctors  
of bc

Physician  
Health  
Program

# Number of Clients Supported by PHP each Year



## Top 5 Reasons Physicians Reach Out

- Connection to family physician/nurse practitioner
- Occupational stress, burnout and moral distress
- Marital/partner relationship issues
- Anxiety, depression, mood, and other diagnosed mental health disorders
- Parenting challenges

*"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. 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**



doctors  
of bc

Physician  
Health  
Program

# Our Services



## 24/7 Helpline

Call for crisis support and accessing our other services



## Counselling

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



## Physician Support

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



## 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



## Return to Work/School

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



## Primary Care Connection

Get connected with your own personal family physician



## 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

Drop in sessions for  
Participants of Cohort  
Groups taking place on:  
September 16, 2025  
November 4, 2025  
January 4, 2026  
from 5:00-6:00p pm PST



## CBT Skills for Physicians & Residents

8-week Fall Group starting,  
September 18, 2025 from  
7:30-9:30 AM PST



## CBT for Insomnia

4-week program starting,  
October 7, from 6:30-8:00 PM  
PST

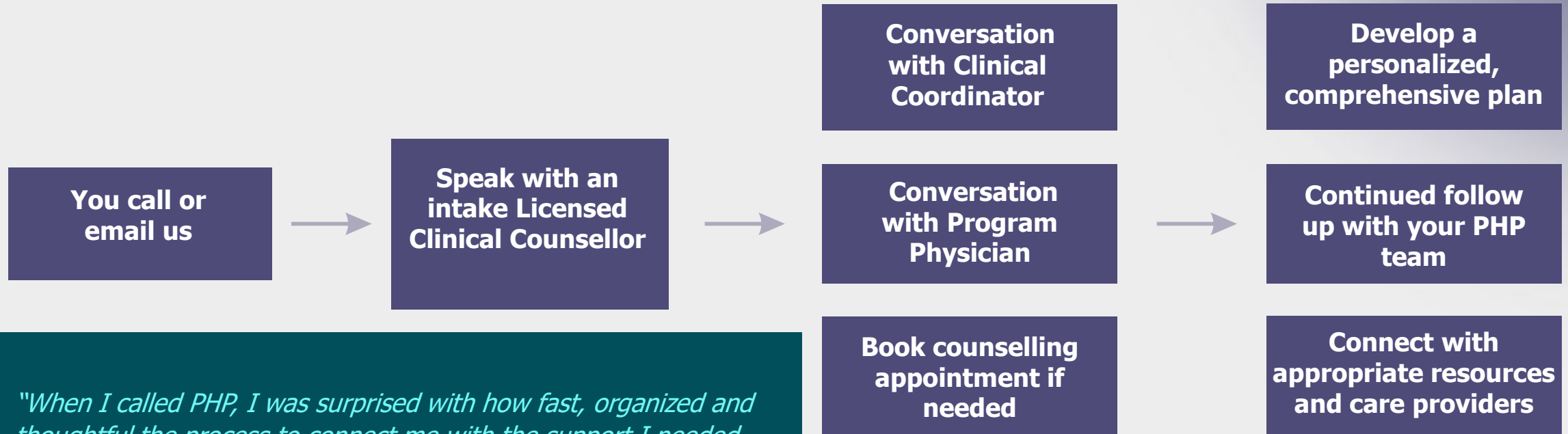


## ADHD/Executive Function Groups

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 Initiative
- Physician Wellness Network
- Wellness Workshop Suite to build capacity for Physician Wellness learning opportunities



# Contact

Kindly contact us if you need support or have any questions.

- **24/7 help:** 1 800 663-6729
- **Office:** 604 398-4300
- **Email:** [info@physicianhealth.com](mailto:info@physicianhealth.com)
- **More information:** [physicianhealth.com](http://physicianhealth.com)



doctors  
of bc

Physician  
Health  
Program