

Physician Health Program

physicianhealth.com

1 800 663-6729

doctors
of **bc**

Physician
+Health
Program

Territory Acknowledgement

Doctors of BC humbly acknowledges the traditional territories of First Nations within British Columbia and that our offices are situated on the unceded territories of the x̣ẉṃə̣θ̣ḳẉə̣ỵəm (Musqueam), Sḳẉx̣ẉụ́7̣mesh (Squamish), and sə̣ḷiḷẉə̣ṭə̣ł̣ (Tseil-Waututh) Nations. 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.

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Our Vision

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

Our Mission

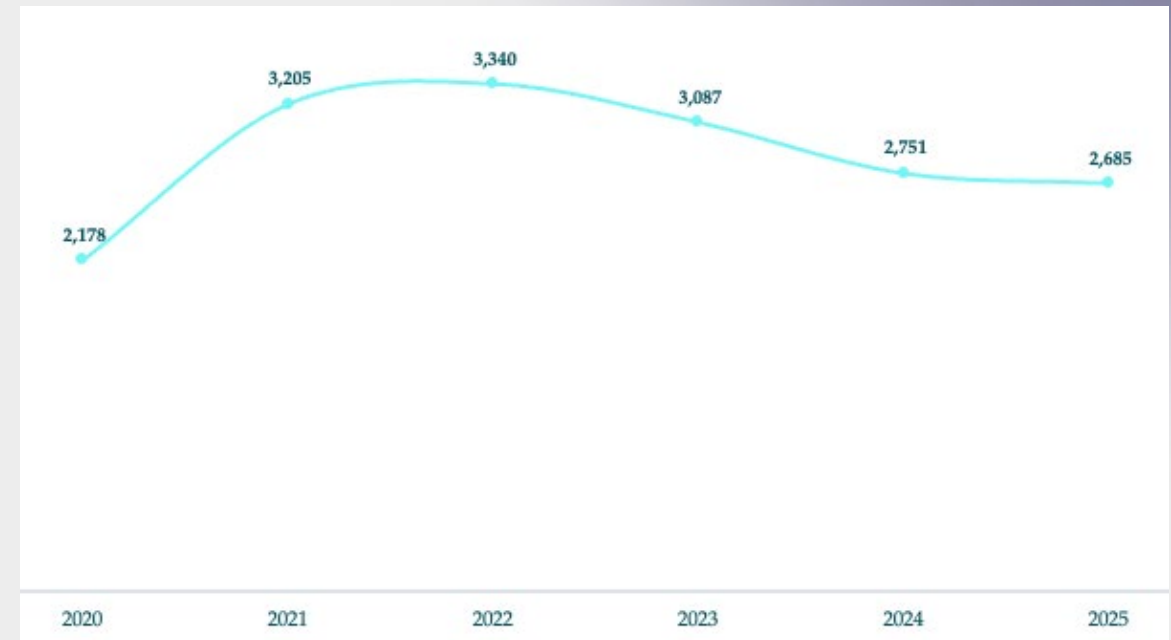
To care for the health of BC physicians, medical learners and their family members by providing confidential, accessible services and by collaborating with physician health partners.



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Number of Active Clinical Cases per Year



Snapshot of PHP in 2025

Number of
Cases Supported
by PHP

2,685

Family Doctor
Connections

847

Physician Peer
Support
Consultations

429

Average case
duration (days)

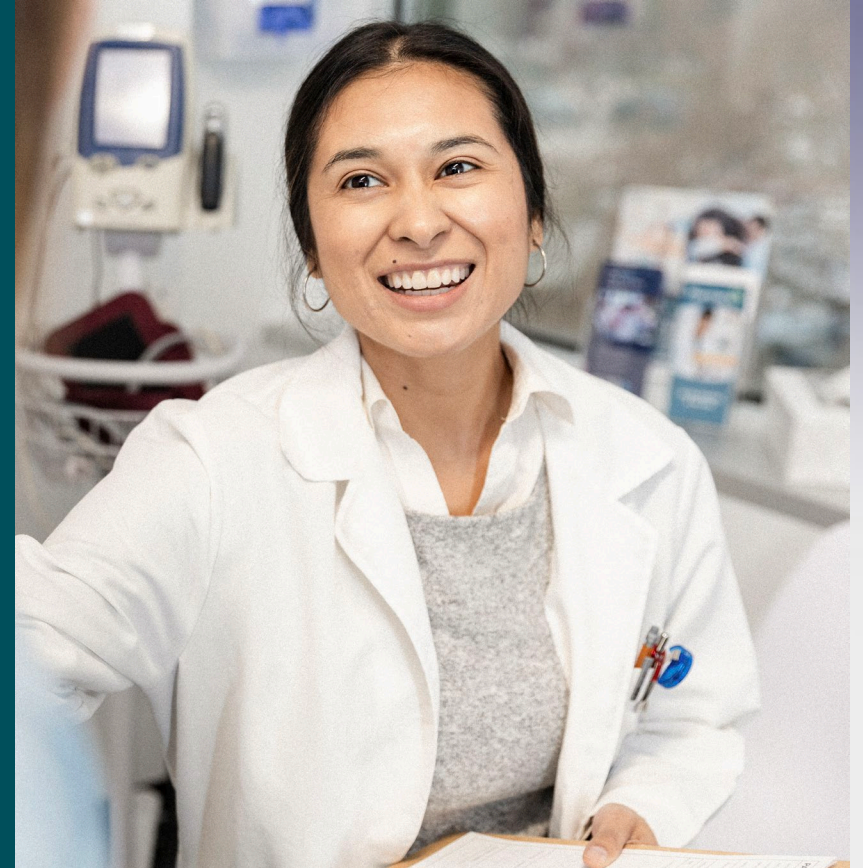
345

Top 5 Reasons Physicians Reach Out

- Anxiety and stress
- Marital/partner relationship issues
- Occupational stress/burnout
- Anxiety, depression, mood, and other mental health disorders
- Other mental health 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



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Our Services



24/7 Helpline

Call for immediate 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 primary care provider



Consultations

Receive one-time psychiatric consultations by our in-house psychiatrist and occupational health consultations

"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

447

Group
Participants



BIPOC Peer Support
Group



CBT Skills for
Physicians & Residents



CBT for
Insomnia



Executive Function
Groups

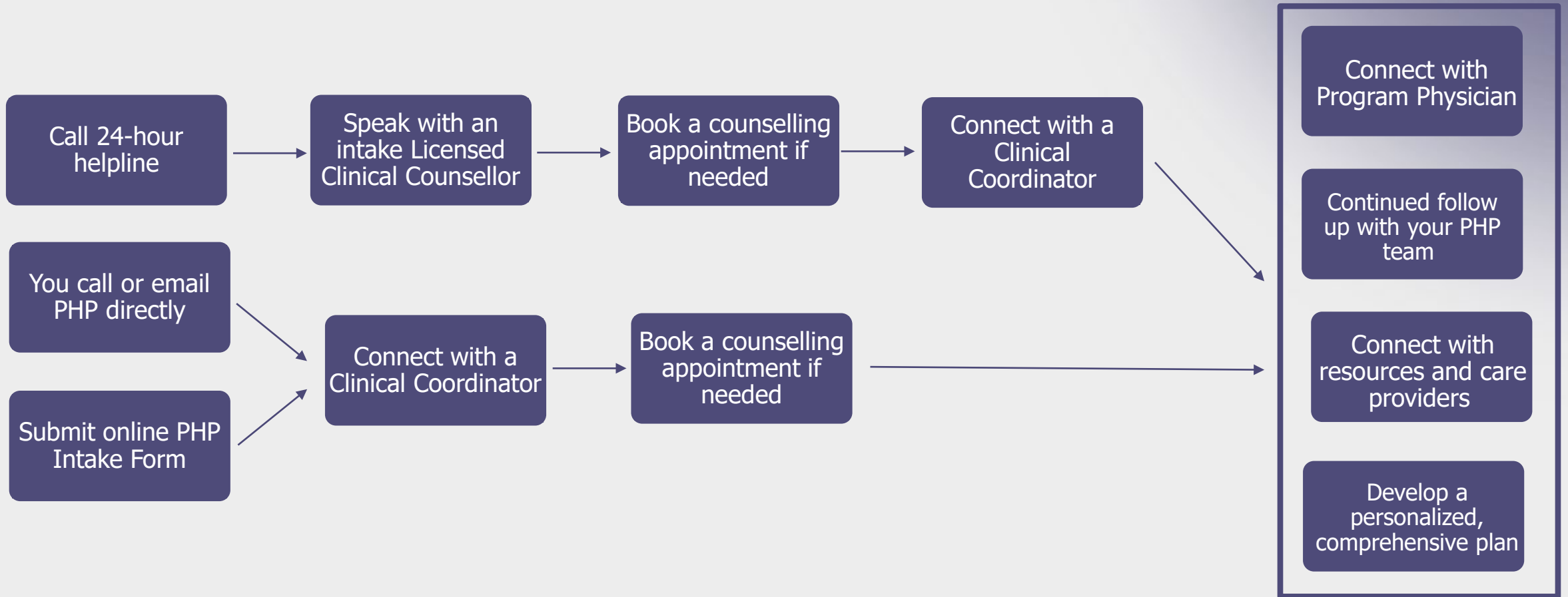


Raising
Resilient Kids

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What happens when you call PHP?



Other PHP Wellness Initiatives

- Provincial Peer Support Initiative
- Physician Wellness Network
- Wellness Workshop Suite (coming soon!)



Key Messages

- PHP is confidential - we do NOT receive funding from the College
- We are experts in physician health
- Call us early – don't wait until rock bottom to call us
- You can call us anonymously
- Concerned about a colleague? Call PHP
- Our services are free



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
- **Website:** physicianhealth.com



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