

PHYSICIAN HEALTH PROGRAM

1.800.663.6729

**ACCESS CONFIDENTIAL SUPPORT –
anytime you need it.**

A new Physician Health Program (PHP) is available to MSPEI members and their families. This program – first of its kind offered to PEI physicians – offers:

- An unprecedented array of services to improve health and build resiliency
- Confidential and discreet support
- Access to an extensive network of physicians, counsellors, therapists and coaches
- Established track record – through a partnership with Doctors of BC – in serving physicians and their families (35+ years' experience)

Call our **24-hour helpline** for assistance with:

- *Relationship and workplace issues*
- *Mental health*
- *Career and life transitions*
- *Substance use*
- *Concern for colleagues*
- *Burnout, stress management and conflict resolution*
- *Financial issues*

Available services on back

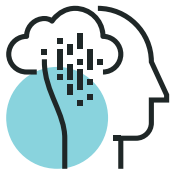


Physician
Health Program
British Columbia

MSPEI
MEDICAL SOCIETY
of Prince Edward Island

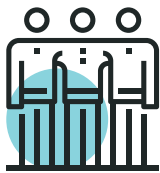


AVAILABLE SERVICES



24/7 CONFIDENTIAL HELPLINE

- Any time of day or night, callers will connect with an intake counsellor who will offer to set up an appointment with a program physician or clinical counsellor depending on the needs.



HELP FROM A FELLOW PHYSICIAN

- Physicians, but not their family members, are eligible for physician-to-physician help with personal or professional issues.
- College complaints, a negative clinical outcome, workplace conflict and workload stress are examples of issues where confidential support from a trusted physician colleague is often desirable.



HELP APPROACHING A PHYSICIAN AT RISK

- Any member of the public, including physicians and their family members, can receive assistance with planning an approach to a physician (or trainee) who is showing signs of distress.
- PHP will plan with the caller the confidential steps to ensure the physician (or trainee) receives the help they need.



STRENGTHENING PROFESSIONAL RELATIONSHIPS

- Physicians and trainees, but not their family members, may access help to enhance professional relationships, improve communication practices, and strengthen mental and emotional resiliency at work.



TRANSITIONING BACK TO WORK

- Physicians and trainees, but not their family members, can access coaching, planning, and follow-up support to help them make a transition that both enhances their recovery and ensures the safety of patients.



ARRANGING A COMPREHENSIVE HEALTH ASSESSMENT

- Physicians and trainees, but not their family members, can receive assistance in planning and coordinating a comprehensive health assessment to determine ongoing fitness to practice.



SHORT-TERM COUNSELLING AND COACHING

- Physicians, trainees and their families can access a wide network of clinical, vocational, financial, and other counsellors who can provide the short-term help they need.
- The PHP network includes both generalists and specialists in a number of areas, all of whom have experience in helping physicians.

The Physician Health Program is here to support and advocate for PEI physicians, resident doctors, and medical students, as well as their partners and dependent children.

This program is offered to MSPEI members at no cost. Funding to support this program is provided through the Master Agreement.

HELPLINE: 1.800.663.6729

INFORMATION: mspei.org/PhysicianHealth



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