



FURTHER SUPPORT: PHYSICIAN HEALTH PROGRAMS AND SERVICES

Physician Health Program (PHP)

<https://www.physicianhealth.com/>

- Available 24/7 at 1-800-663-6729
- Monday to Friday PST at 1-604-398-4300 directly if desired
- Available to physicians and their immediate family members
- Provides prompt support, referrals and counselling for challenges such as: relationship stress, mental health, career and life transitions, substance use, concern for colleagues, occupational health, and financial issues

Canadian Medical Protective Association (CMPA)

www.cmpa-acpm.ca

- Medicolegal advice regarding any medical incident
- See Advice and Publication tab > Help and Advice and Physician Wellness.
- This is essential reading for anyone involved in an adverse event whether involved in litigation or not.

Canadian Medical Association - "The Wellness Connection"

<https://community.cma.ca/en/wellness-connection/>

- A place where physician peers are available to support each other.
 - The site hosts live virtual group support sessions led by trained facilitators.
 - There are a variety of session formats offered throughout the week, including formal peer support sessions and group drop-ins, which cover a range of topics, such as compassion rounds and psychological first aid.
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Canadian Medical Association - Physician Wellness Hub

cma.ca/physicianwellnesshub

"Transforming attitudes, practices and systems to create a positive medical culture."

- CMA Physician Wellness Hub was created to drive change in the culture of medicine, and promote health and wellness in the medical profession for the benefit of practitioners, the health system and all Canadians.
- Aims to improve physician wellness individually and at the system level, and to promote a collaborative approach to physician health and well-being.
- Includes original CMA content and curated information from other trusted sources in the form of resources for physicians, residents and medical students seeking guidance and wellness self-help.
- Also has material for those leading wellness initiatives in institutions or medical departments.

MSPEI Physician Coaching Program

www.mspei.org/coaching/

Through this one-on-one coaching program, MSPEI matches physicians with qualified leadership coaches to support them in strengthening their leadership skills or to help with their overall health and wellness. By supporting physicians' overall well-being, MSPEI is helping physicians provide high-quality patient care.

CCFP Family Medicine Mentorship Program

PEIFamilyMedMentorship@gmail.com

An informal, voluntary, and confidential program that matches family physicians starting practice on PEI with a local physician mentor based on the identified needs of the starting physician. Mentorship may benefit physicians who are:

- transitioning to practice from residency
 - establishing a practice on PEI
 - learning to navigate the PEI healthcare system
 - wishing to network within the physician community
 - dealing with system challenges
 - balancing academic, leadership and clinical work
 - balancing work with family responsibilities
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Health PEI Employee Assistance Program

<https://psc.gpei.ca/employee-assistance-program>

(902)368-5738 or 1-800-239-3826

Up to 4 private counselling sessions for any Health PEI employee at no charge

Local Medical Leadership and Colleagues

- Medical Director
- Department Head
- Medical Staff Association leadership
- Trusted medical colleague or allied health professionals

Personal Family Physician

Contact MSPEI if you require a family physician
