



**Physician
Health Program**
British Columbia

Physician Health Program

Brief Program Overview

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Physician Health and Wellness Liaison



Services we provide



24/7 Helpline



Peer Support



**Advice on approaching
colleagues**



**Return to work
facilitation**



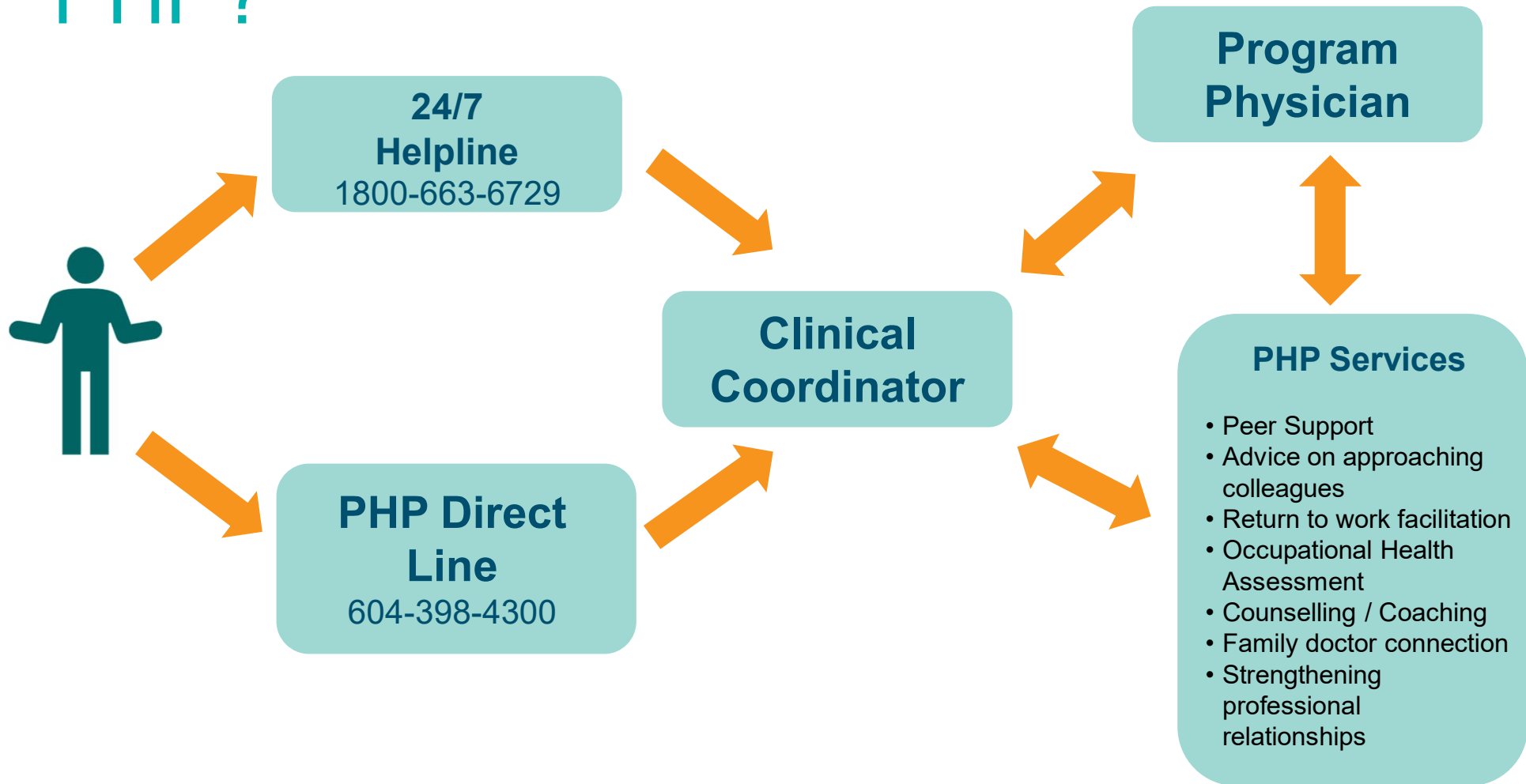
**Counselling and
Community Referrals**



**Family doctor
connection**



What happens when physicians call PHP?




At lunch with a colleague, Dr. A...



Dr. A

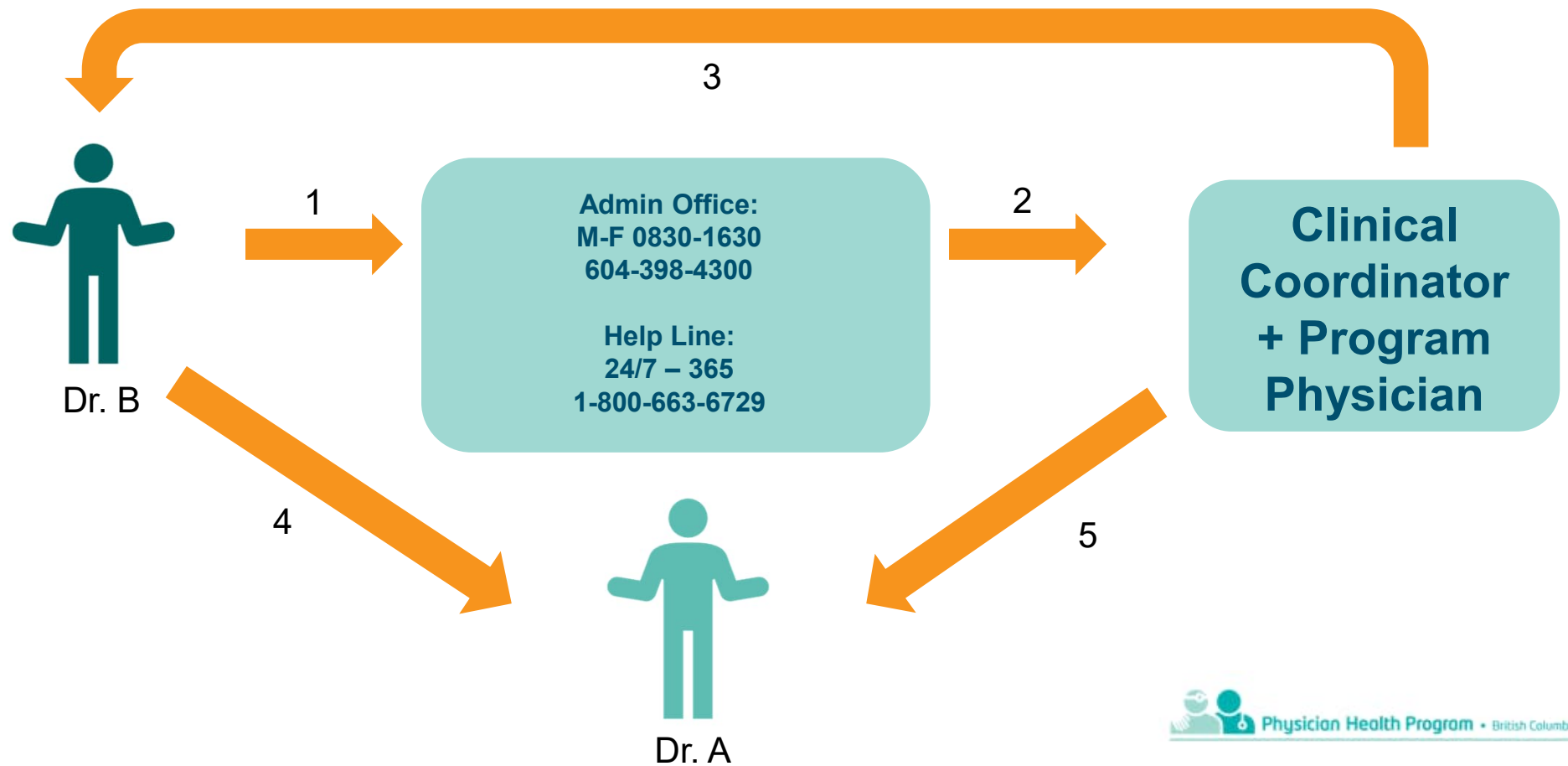
They say...

- **I feel overwhelmed.**
- **Small tasks take me forever**
- **I never seem to catch up.**
- **I'm so far behind on my paperwork.**
- **I feel guilty about postponing things at the last minute all the time.**
- **I'm starting to lose sleep over it.**

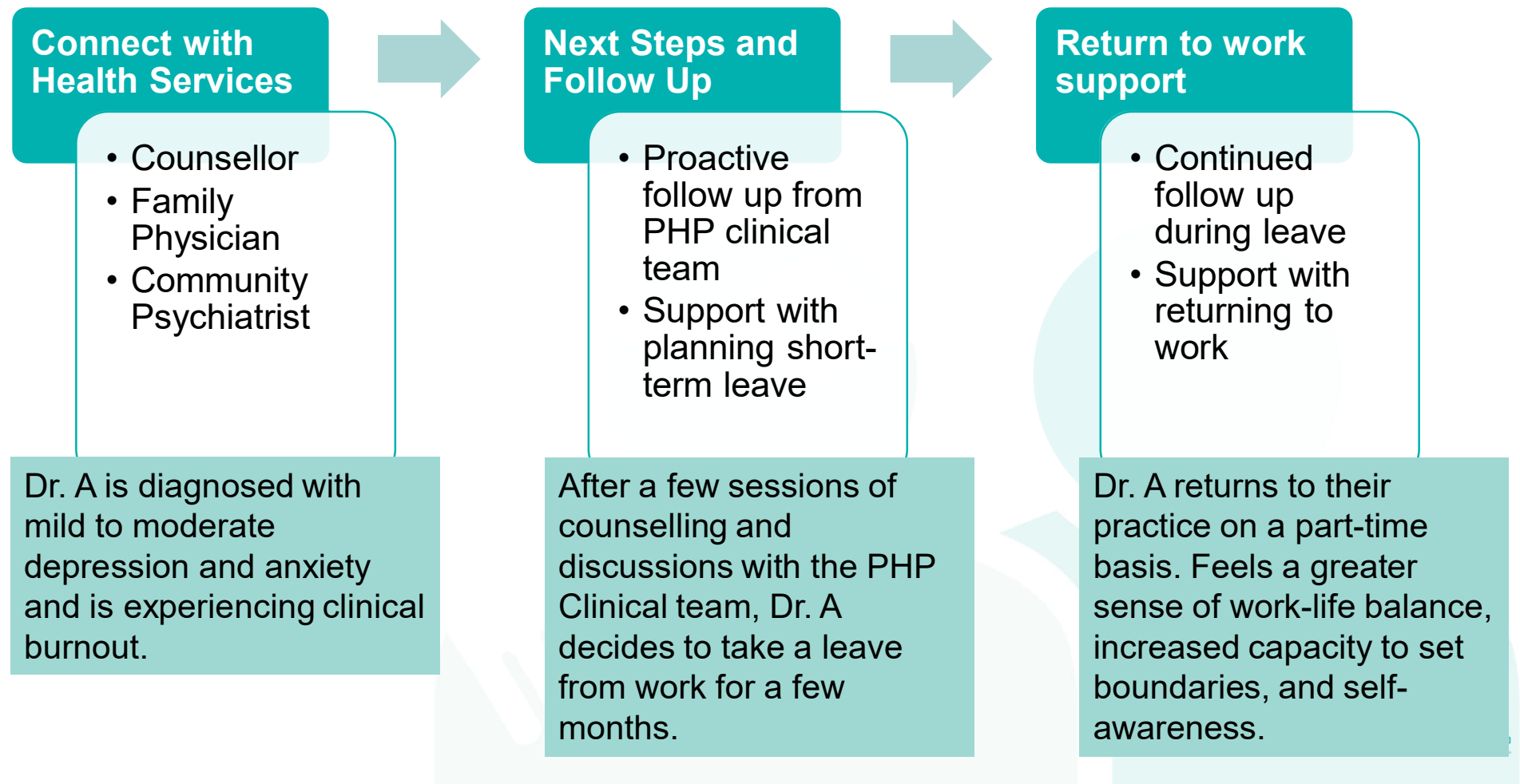
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- A dark teal-colored icon of a doctor's head and shoulders, wearing a white stethoscope. The icon is positioned to the right of a large teal thought bubble. Three small circles of varying sizes lead from the thought bubble to the doctor's head.
- **I've noticed you've been a bit more irritable lately.**
 - **I remember that you've had challenges at home for some time.**

Dr. B

What happens when Dr. B calls us about Dr. A?



Dr. A is connected with PHP services



Privacy and Confidentiality

- **Reaching out to PHP is as confidential as talking to your personal family physician.**
- **PHP is NOT an operating arm of CPSBC**
- **Information is only shared when there is consent or as required by law**
- **You may reach out anonymously**

Questions / Comments

24/7 Helpline: 1-800-663-6729

PHP Direct Line: 604-398-4300

Physician Peer Support Group: Email peersupport@physicianhealth.com

Outreach, Education and Partnerships: programs@physicianhealth.com