

**Your wellness  
matters.  
We're here  
to help.**



## **Saving lives, enabling careers, and transforming culture**

The Physician Health Program is a free and **confidential service** provided by the Ontario Medical Association. Those who contact the Physician Health Program can remain **anonymous**.

The Physician Health Program provides services to support the health and wellness of physicians and medical learners in Ontario. We assist individuals managing personal and professional issues including stress, burnout, transitions, mental health and substance-related conditions, and professionalism concerns. The Physician Health Program also offers support and education to physician leaders, hospitals, and worksites, as well as those concerned about a loved one or colleague. Our services promote and support a culture of medicine that values physician wellness. Our advocacy initiatives and partnerships focus on suicide and burnout prevention, early identification, timely intervention and support for the health of our collective profession and individuals, as well as their loved ones, and the workplace.

Our intake team will assist you in circumstances where there are accountability expectations of third parties such as the CPSO.

### **Need help?**


**The Physician  
Health Program  
provides prompt  
information and  
support.**



## We provide

- Timely connections to an extensive range of resources including treatment
- Assessments
- Case coordination to support those with advocacy and accountability needs
- Education, workshops and presentations on physician health related issues
- Access to community connections including Peer Support, Peer Support training, and Organizational Wellness Network
- Support for practitioners treating physicians

## Our guiding principles

- Knowing doctors' confidentiality is paramount
  - Assisting doctors, learners, and family members with their health and occupational needs
  - Collaborating with doctors and learners, their care providers, and others towards their goals
  - Commitment to being accessible, responsive, accountable, and providing culturally relevant resources
  - Dedicated to developing and supporting equity, diversity, and inclusion
  - Understanding that medicine is a safety-sensitive occupation
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## The Physician Health Program can assist when you are:

- seeking support for a member of your team
- looking for career coaching
- facing burnout or distress
- struggling with mental health symptoms or substance use
- looking for counselling or support
- promoting education and physician health literacy
- instructed to contact the PHP by a third party



## The Physician Health Program supports you by connecting you with:

- coaches
- mentors
- recovery groups
- peers with similar lived experiences
- community-based addiction and mental health resources
- literature on health and wellness topics
- individual, group, couples or family therapists
- virtual resources
- diverse and culturally specific resources

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*We wish to acknowledge this land on which the OMA's Physician Health Program is situated. Since time immemorial, it has been the traditional land of the Anishnaabe, the Mississaugas of the Credit, the Chippewa, the Haudenosaunee, and the Huron Wendat peoples. The Physician Health Program provides services to medical learners and physicians all over the territory that we now know as "Ontario" and acknowledges that more than 40 treaties and other land agreements cover this area.*

*The space we occupy is still the home to a First Nations, Metis, and Inuit from across Turtle Island and we are grateful to have the opportunity to live, work, and play on this land.*

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# Health and wellness: good health matters

New initiatives, community partnerships, and collaborations have included work on physician suicide, burnout, peer support, and advancing cultural competency to ensure we provide culturally literate services for all members, especially equity-seeking populations.

The community of professionals interested in their own health and wellness is growing. The Physician Health Program staff, and an expanding resource network of support professionals, are available to provide and/or facilitate educational presentations, seminars, or retreats throughout the province to promote improved health and wellness.



## Contact us

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 **OMA** Physician Health Program

*The Physician Health Program meets the confidentiality requirements of the Personal Health Information Protection Act (2004). If you have any questions or concerns regarding the confidentiality of the program, please contact [php@oma.org](http://php@oma.org).*