



Our Services

24/7 CONFIDENTIAL HELPLINE

Call our 24-hour, confidential helpline and you can be connected immediately with a licensed Lifeworks clinical counsellor. We provide intake assessments and crisis counselling for callers any time of day or night.

SHORT-TERM COUNSELLING

The PHP offers flexible short-term counselling from a network of clinical counsellors who are trained and experienced in supporting physicians. Our counselling service is provided in partnership with an external vendor, Lifeworks, and our PHP Clinical Coordinators offer proactive follow-up to ensure your needs are being met.

REFERRALS TO SPECIALIZED COACHES AND THERAPISTS

We can also help connect you with a specialized coach, counsellor or therapist who can address your specific challenges and needs. These professionals operate outside of the Physician Health Program, are not affiliated with our contracted network and you may have to self-pay.

HELP SUPPORTING A COLLEAGUE YOU ARE CONCERNED ABOUT

We will plan and coordinate an approach with you to help ensure any physician or medical trainee in need receives appropriate support.

PEER SUPPORT

We offer direct, 1:1 physician peer support and a virtual physician peer

support group every 2nd and 4th Wednesday of each month. Whether you're dealing with a complaint, a negative clinical outcome, workload stress, or any other challenge, you'll receive confidential support from a physician experienced in supporting colleagues.

CONNECTION TO A FAMILY PHYSICIAN

We can help connect you with your own personal family physician. Having an active, longitudinal relationship with a family physician of your own is an important component of maintaining your health and wellbeing.

TRANSITIONING BACK TO WORK OR SCHOOL

We provide coaching, planning, and follow-up support to help you make your transition back to work or school smooth and coordinated while both prioritizing your health and ensuring the safety of patients.

OCCUPATIONAL HEALTH CONSULTATIONS

We support you in better understanding how your health influences your work and how your work impacts your health. We may offer recommendations on what accommodations could be considered to ensure a healthy working environment for you.

STRENGTHENING WORKPLACE RELATIONSHIPS

We can help you enhance your workplace relationships and improve your communication habits to strengthen your ability to collaborate and face challenges with your team. Please note that we do not provide mediation services.

Who we help

- All BC Physicians
- Physicians-in-training, including medical students, residents and fellows
- Physicians' families, including spouses, partners and dependent children

What we can help with

- Mental health issues
- Relationship stress
- Career and life transitions
- Substance use
- Occupational health
- Concern for colleagues

Contact us

24-hour helpline: 1.800.663.6729

Direct business line: 604.398.4300

Email: info@physicianhealth.com

Website: physicianhealth.com

CONFIDENTIALITY: Contacting us is as confidential as contacting your own family physician. Any personal or health information you provide to PHP, including the fact that you contacted us, will be held in the strictest confidence.

"Right from the beginning, my Program Physician and Clinical Coordinator were extraordinary. Their kindness, combined with a lack of judgement, allowed me to trust the process of getting help, which is not easy for me."

– Late Career Physician