



Our Services

24/7 CONFIDENTIAL HELPLINE

Call our 24-hour, confidential helpline to be connected with a Registered Clinical Counsellor for crisis support, or for access to our other services and counselling.

PEER SUPPORT

Access 1:1 or group support from a fellow physician for help with personal or professional issues such as workload stress, dealing with a complaint or a negative clinical outcome.

CONCERN FOR A PHYSICIAN COLLEAGUE

Contact us for support when planning how to approach your colleagues who might need help.

RETURN TO WORK FACILITATION

We provide coaching, planning, and follow-up support to help you make the transition back to work after an illness or absence from practice.

OCCUPATIONAL HEALTH CONSULTATION

Meet with our team to better understand the impact of your health on your work, and how your work influences your health.

SHORT-TERM COUNSELLING AND COACHING

We help you find a counsellor or coach that fits your needs and preferences. We follow-up with you to ensure a good fit.

CONNECTION TO A FAMILY PHYSICIAN

We will help you find a family physician who can provide you with longitudinal care.

STRENGTHENING PROFESSIONAL RELATIONSHIPS

We offer a range of services to help you and your colleagues enhance your professional relationships by improving your communication habits and strengthening your ability to pull together in the face of stress.

Who we help

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

What we can help with

- Mental health issues
- Relationship stress
- Career and life transition
- Substance use
- Financial issues
- 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.

"I was somewhat nervous about calling, I was not used to reaching out for help, but PHP helped me get in contact with a coach and a counselor that helped pull me out of my depressive cycle and got me back on track and back to working."

– Early career physician

"What exceeded my expectations the most was the continuity. My Clinical Coordinator actually continued to check in every several months. It gave me a feeling that someone out there still cared about me, so that was almost stabilizing in a way."

– Late career physician

