

# Physician Wellness

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## Important Links and Phone Numbers

We are committed to fostering the well-being of physicians, recognizing that your health and happiness are crucial for delivering exceptional care. This document provides contact information for some important wellness support, including mental health resources.

### [Alberta Medical Association's Physician and Family Support Program \(PFSP\)](#)

Provides 24/7 confidential support for Alberta's physicians, residents and medical students, as well as their immediate family members.

- **Call 1-877-SOS-4MDS (1-877-767-4637).**

### [After a Suicide: Supporting Clinicians After the Loss of a Colleague](#)

This toolkit was developed by the American Foundation for Suicide Prevention, for medical programs and residency/fellowship programs.

### [Canadian Medical Association \(CMA\)](#)

Offers physician wellness support services and resources.

- [Foundations of Physician Wellness](#) (on-demand, free)
- [2021 National Physician Health Survey](#)

### [Canadian Medical Protective Association \(CMPA\)](#)

Physician advisors are available to help members navigate and cope with the stress of daily practice and medico-legal issues.

- **Call 1-800-267-6522 for support.**

### [Canadian Mental Health Association](#)

Confidential intervention, support and resources to people who are in distress, as well as their family, friends and caregivers. [Find mental health support in your area.](#)

- **If you or someone you know is in immediate crisis or has suicide-related concerns, call or text 9-8-8 (toll-free, 24/7)**

### [Distress Centre \(Calgary and Southern Alberta\)](#)

Provides 24-hour crisis support by phone, text and chat to Calgary and Southern Alberta.

- **Call 403-266-4357.**

## University of Alberta

### [Employee and Family Assistance Program \(EFAP\)](#)

EFAP is a service designed to support faculty, staff and eligible dependents in dealing with personal, family or work-related issues.

- **Support is available 24/7 by calling 780-428-7578 or toll-free at 1-800-663-1142.**

### [Office of Advocacy & Wellbeing](#)

Looks after issues pertaining to the health and well-being of learners and advocates on their behalf.

- **For information, call 780-492-3092.**

## University of Calgary

### [Precision Equity & Social Justice Office \(PESJO\)](#)

Cumming School of Medicine's centralized resource for promoting equity, accessibility and authentic belonging.

- **For information, call 403-210-6424.**

### [TELUS Health's Employee and Family Assistance Program \(EFAP\)](#)

Confidential service that is available to employees and their dependents, at no cost, to help support well-being.

- **Services are available 24/7 by calling 1-888-424-0699.**

### [Staff Wellness](#)

Offers programs, resources and services to help promote, support and sustain health and wellness of University of Calgary faculty, staff and postdocs.

### [Cumming School of Medicine Office of Faculty Development](#)

Offers a wide variety of resources to help faculty achieve health and wellness goals.

