Physician health education that makes a difference

PFSP offers a variety of on-request presentations, workshops and seminars on physician health, including:

- Work/life harmony
- Physician stress and burnout
- Physicians for physicians
- Healthy workplaces
- Effective conflict management
- Physician retirement – beyond the financials
- Fatigue management
- Mindfulness mediation
- The resilient medical family
- The medical marriage
- Career transitions

PFSP can also provide support groups in your community.

If you and/or colleagues are interested in requesting a presentation, workshop, seminar or support group, call or email the PFSP administration office.

FOR ASSISTANCE:
24 hours a day, 7 days a week,
365 days a year

1.877.SOS.4MDS
1.877.767.4637

Physician and Family Support Program
ADMINISTRATION OFFICE
Phone: 403.228.2880 / Toll Free: 1.877.262.7377
Fax: 403.245.2899
pfsp@albertadoctors.org
www.albertadoctors.org

we cannot live better than in seeking to become better
Socrates
Referral and counselling services

From time to time we all face difficult or stressful events in our lives.

Most of the time we can handle these challenges on our own. Other times they interfere with our relationships, effectiveness, happiness and safety at home and work, and even our health.

Call the Physician and Family Support Program (PFSP) for confidential, professional assessment and access to a broad range of services for personal and family problems.

Why call PFSP?

- Family and relationship issues
- Career and work concerns
- Stress
- Trauma/critical incidents
- Bereavement
- Psychiatric disorders including anxiety and mood disorders
- Substance use disorders
- Behavioural problems
- Personal support for change (e.g., career management, healthy lifestyle, retirement)
- Financial issues
- Impact of adverse events
- Concern for a colleague (e.g., impairment, disruptive behavior)

All physicians and their families need a family physician. We can help you find one.

PFSP has the expertise necessary to refer you to appropriate professional resources, including PFSP coordination of complex cases.

Who does PFSP provide service to?

Alberta physicians, residents, medical students and their immediate family members (e.g., spouse/partner and dependent children).

How do I access the service?

Call 1.877.767.4637 toll-free, 24 hours a day, 7 days a week, 365 days a year.

What can I expect?

A staff member at our reputable service provider will answer your call. You will be asked for your name and a contact phone number so that an assessment physician can promptly call you back. You can discuss your concerns and, together with the assessment physician, decide on the best referral(s) for you and/or your family.

PFSP assessment physicians are familiar with the special circumstances surrounding physician health and lifestyle issues.

Is confidentiality assured?

Your information will not be divulged to anyone outside of the program without your informed, voluntary and explicit consent. Ethical, professional and legal exceptions can apply, including when there is a threat of serious injury to you or others or there is suspicion of current child abuse.

Is there a cost to use PFSP?

Over a 12-month period, PFSP will cover the cost of up to six counselling sessions for the physician and up to six sessions for the family.

If you require long-term or specialized counselling, a counsellor will inform you of the cost beforehand and/or assist you with referral to community resources, if necessary.