

Live better.
Live well.



ALBERTA
MEDICAL
ASSOCIATION

Physician and
Family Support
Program



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Learn more about physician health

Each year, upon request from student, resident or physician groups, PFSP offers short, interactive presentations addressing physician health issues, including:

- Substance misuse
- Work-life balance
- Healthy workplaces
- Stress management and building resilience
- Mindfulness
- Burn-out
- Personal and professional relationships
- Dealing with adverse events

Request a PFSP presentation

- Complete an Education Request form, available on the AMA/PFSP web page or email pfsp@albertadoctors.org.
- Email the completed form to PFSP or fax **403.245.2899**.
- Upon return of the completed form, we will work together to meet your needs.

Physicians for Physicians: How can I get involved?

Reach out to colleagues in need – direct them to PFSP or call us for advice on how to help.

Join PFSP's network of family physicians and psychiatrists who support colleagues in taking care of themselves and each other. Contact us at pfsp@albertadoctors.org.

Need help
now?
1.877.SOS.4MDS
(1.877.767.4637)

24 hours a day
7 days a week
365 days a year



asking
for support
is a **sign** of
strength



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/pfsp

1.877.SOS.4MDS
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Do it for your patients. Do it for yourself.®

The Physician and Family Support Program (PFSP) is a voluntary program that provides confidential support and help with personal health issues. Part of the AMA's physician benefits program, PFSP enhances the quality of patient care and public safety by supporting the health and well-being of the medical profession that cares for all Albertans.

Who's eligible?

- Physicians, residents and medical students in Alberta
- Their immediate family members (spouse/partner and dependent children under 25)

Physicians for Physicians



Why call PFSP?

- To voluntarily seek help from colleagues who understand the issues and working situations that impact physician health.
- To learn to manage challenges before they become overwhelming.

PFSP provides confidential advice, support and help with accessing necessary resources for personal or professional problems, including the following:

- Family and relationship issues
- Career, educational and workplace concerns that are impacting your health
- Dealing with adverse events
- Stress, anxiety, other mental health issues and psychiatric disorders
- Substance misuse
- Concern for a colleague.

Over a 12-month period, PFSP will cover the cost of up to six counselling hours for a physician, resident or medical student and up to an additional six hours total for immediate family. To be eligible for PFSP coverage, counselling must be pre-arranged through the PFSP assistance line.

What happens when I call?

Your call is answered by our external contractor.

- They will ask for basic personal information and why you are calling.
- They will arrange for a PFSP assessment physician to call you back.

The assessment physician will discuss your concerns and together you will determine the best resources to meet your needs.

PFSP can also provide:

- Access to a province-wide network of qualified counselling professionals retained by our external service provider.
- Assistance in finding a family physician.
- Coordination of resources for physicians, residents and medical students with complex health issues.



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