

Department of Family Medicine Peer Support Team



We recognize that physicians experience emotional distress because of the work that we do. We should be supported when dealing with personal or professional challenges.

Who are we?

We are a group of Department of Family Medicine physicians who are formally trained Peer Support Team members available as a resource for our colleagues. We aim to be supportive listeners, to guide those seeking support to additional professional services, and to be alert for risks of harm.

Why are we here?

The practice of medicine is rewarding but can be challenging, and at times, you may feel the need to seek support from a colleague. This need may arise from many different situations such as distress surrounding an adverse event, a challenging workday or interaction, mental health issues, conflicts at home or work, financial concerns, career transitions, or any other issue that is troubling you.

How does it work?

We encourage you to bring forth **any issue at any time**. A list of Peer Support Team members is provided. You may contact **any person on the list** by cell phone or email and set up a time to talk. We take confidentiality seriously. The conversations you have with Peer Support Team members will be held in strict confidence. This commitment to confidentiality would only be limited if there is a perceived immediate safety concern for you and/or others.

For questions or a list of the Peer Support Team members, contact:

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