Peer Support Pilot for Physicians and Residents

Peer support is an evidence-based organizational and individual approach to being there for each other

What is it?
An outreach program to support colleagues after a crisis, e.g. adverse events, malpractice litigation, difficult medical encounter or other emotional stressful events

How does it work?

Triggering event
Physician Identified:
- Medical affairs
- Department chairs
- Program directors
- QPS committees
- Wellness leads
- Self-referral

Reach-out by a peer
Invitation by email, if physician agrees, set up a time to meet either in person or a phone call

Peer support intervention
- Confidential
- Full caring attention
- Empathetic listening
- Connection to support and resources as needed

Some key facts about peer to peer support

**IS**
- Private and confidential, there are no records about the conversation
- A safe way to talk about their emotions with someone who can empathize and has “been there”

**IS NOT**
- Therapy or counselling
- Does not replace professional help
- Compulsory [participation is completely optional]

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