



**ARMA**  
ARIZONA MEDICAL  
ASSOCIATION

# ARIZONA PHYSICIAN RESOURCE

This program is free, informal,  
and confidential. To match  
with another physician  
volunteer peer or learn more,  
visit our website

[www.MDlounge.org](http://www.MDlounge.org)

## Why Visit the Virtual Doctors' Lounge?

- Share your concerns with someone who "gets it" - who understands the daily strain of being a physician, especially with the emotional stress and added financial hardships of the COVID-19 pandemic.
- Join us for a unique opportunity to be a part of a community of support.
- Virtual 'coffee with a peer' to discuss healthy coping mechanisms.
- Alleviate burnout.

## Questions?

Email - [mdlounge@ccainc.com](mailto:mdlounge@ccainc.com)

Call - 646-809-0957

**NOTE: This is not an emergency response service and does not provide in the moment support for crisis situations.**

# Physician Peer Support Program

**BEGINNING  
OCTOBER 2020**

Virtual Doctors' Lounge aims to:

- Change the culture of medicine.
- Connect physician participants to peer coaches in an evidence-based peer support program.
- Provide referrals to other Arizona resources as needed.

**In Partnership With:**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES