

1-800-851-6606  
www.phpoma.org

The Physician Health Program and Professionals Health Program provide services to support the health, well-being and resilience of physicians, veterinarians and pharmacists. We work with individuals and families experiencing difficulties with substance use and addiction, psychiatric and mental health concerns, stress, burn-out, work-related conflict, and a variety of marital or family life issues.

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### We Provide:

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- Information and Advice
- Assessment and Referral
- Direct Intervention
- Case Management, Monitoring and Advocacy
- Family Support
- Education / Prevention Workshops and Presentations

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### We Serve:

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- Physicians
- Medical Students / Residents
- Pharmacists / Students
- Veterinarians / Students
- Family Members and Colleagues



The PHP is a confidential service provided by the Ontario Medical Association that works independently of the Regulatory Colleges. Callers can remain anonymous. Callers do not have to provide a name or any other identifying information.

Even if the health professional does not want help, help is available for family, colleagues, friends or supervisors of a distressed health professional.

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### No Charge for Our Services

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### Could There Be a Problem?

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- Personality change
- Loss of efficiency and reliability
- Complaints about behaviour and attitude
- More sick time and/or time away from work; or excessive time at work
- Mood swings, anxiety, depression, suicidal ideation or gesture
- Indecision
- Increasing personal and professional isolation
- Physical deterioration
- Unpredictable work habits and patterns
- Memory loss
- Heavy “wastage” of drugs, insistence on personal administration of narcotics or alcohol on the breath at work
- Trouble coping
- Feeling down or blue
- Difficulty Sleeping
- Just need someone to talk to?

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### It's Not Always Easy to Know What to Do:

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**Call for Help!** The PHP provides prompt advice and support

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## Confidentiality

The Physician Health Program and the Professionals Health Program meet the confidentiality requirements of the Personal Health Information Protection Act (2004). If you have any questions or concerns regarding the confidentiality of the program, please contact us.

## Health Promotion & Prevention Good Health Matters.

The community of professionals interested in their own health and well-being is growing. PHP staff and an expanding resource network of support professionals are available to provide and/or support educational presentations, seminars, or retreats throughout the province to promote improved health and well-being. Contact the PHP for more information.



**Confidential Ontario Toll-Free Line:**  
1-800-851-6606

**Confidential Fax Line:**  
416-340-2860

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# Good Health Matters



BETTER HEALTH FOR YOU AND YOUR FAMILY

