

Medical Staff Psychological and Well-being Supports

Communication



[COVID-19 Questions and Answers](http://medicalstaff.fraserhealth.ca/COVID-19)

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Psychological First Aid



[Access emotional support / defusing for teams](#) struggling with stress and anxiety (24/7)

1-844-880-9142 (press 1, then 3) – If that line is busy, please call 236-332-1212

- Access debriefing support for providers struggling with moral distress due to decisions or actions that are against their moral compass: ethics.services@fraserhealth.ca

Medical Staff Resilience



[Resources for mental health and well-being:](#) medicalstaff.fraserhealth.ca/Wellness-Engagement

- CBT mental health support for health anxiety, financial insecurity, and the effects of social isolation (Starling Minds Mental Fitness)
- Guided support on building the skill of mindfulness in action (Mindwell U Take 5)
- Individual counselling is available through Physician Health Program: 800-663-6729

Leader Toolkit & Coaching



[Resources for leading and coping in times of stress and anxiety:](#)

fraserhealth.org/employees/health-well-being

- Leader toolkit, tips and guides
- Leader Coaching – our coaching team is available 8am-9pm, 7 days/week
 - On call, just in time, coaching: **236-332-1157**
 - To schedule a coaching session for a specific time: Coaching@fraserhealth.ca

Tell us your well-being ideas & needs:

- resilience@fraserhealth.ca
- 604-616-8769