

## Resources for medical staff facing workplace stressors

As a medical staff member, we may all be subject to workplace stressors.

Such stressors may include workload demands, critical incidents, complaints, workplace conflict, practice investigations, violence and/or safety concerns.

***It is important that you feel supported and that you get the help you need.***

Below are a variety of resources available to our Fraser Health medical staff. Feel free to contact the [Fraser Health Medical Staff Hub](#) at any time for further direction.

	Resource	Description	Contact / Info
<b>Fraser Health Resources</b>	Fraser Health Medical Leadership	Your leaders are well-placed to help you. This may include your LDH, SMD, RMD, EMD, and/or VP Medicine.	Medical Staff Hub <a href="#">Email</a>
	Peer-to-Peer Support	Fraser Health Wellness Committee offers peer-to-peer support delivered by medical staff for medical staff.	Medical Staff Hub <a href="#">Email</a>
	Well-Being Index	Validated, anonymous, and free measurement tool that allows you to track your well-being.	<a href="#">Webpage</a>
	Critical Incident Stress Management	Provides debriefs and other interventions for those witness/party to critical incidents.	1-844-880-9142
	Moral Distress Debriefing	Ethics and Diversity Services support with facilitated debriefing conversations.	<a href="#">Webpage</a>
	Respectful Workplace	Support for identification and mitigation of respectful workplace concerns.	1-844-880-9142 <a href="#">Email</a> <a href="#">Webpage (Pulse)</a>
	Violence Management	Reporting and support for staff subject to violence at work.	1-866-922-9464 <a href="#">Webpage (Pulse)</a>
	Client Partner, Medical Staff Safety and Well-being	Safety and well-being support and resources for Medical Staff within Fraser Health.	<a href="#">Email</a>
<b>Doctors of BC Resources</b>	Physician Health Program	Private counselling and peer support with issues such as mental health, relationship stress, career and life transitions, substance use and concern for colleagues.	1-800-663-6729 <a href="#">Webpage</a>

# Fraser Health Together

	Violence Management	Further resources for violence management.	<a href="#">Webpage</a>
	Cognitive Behavioural Therapy (CBT) Skills Training	Free eight week courses designed to provide practicing physicians with education and training to support their own mental well-being through evidence-based self-management strategies.	<a href="#">Webpage</a>
	Regional Advisor and Advocate	DOBC support for physicians involved in disciplinary, respectful workplace, and/or violent incident.	<a href="#">Webpage</a>
<b>MSA Resources</b>	Each site has an assigned MSA which help represent the interests of their medical staff and provide various supports.		<a href="#">Webpage</a>
<b>Other Resources</b>	CMPA	Advisors can counsel and help provide clarity if there is a college or legal concern.	1-800-267-6522 <a href="#">Webpage</a>
	Divisions of Family Practice	For GPs, your local Divisions may offer a variety wellness supports.	<a href="#">Webpage</a>