

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
Fraser Health Resources	FHA 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 Email
	Peer-to-Peer Support	FHA Wellness Committee offers peer-to-peer support delivered by medical staff for medical staff	Medical Staff Hub Email
	Well-Being Index	Validated, anonymous, and free measurement tool that allows you to track your well-being	Webpage
	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	Webpage
	Respectful Workplace	Support for identification and mitigation of respectful workplace concerns	1-844-880-9142 Email Webpage (Pulse)
	Violence Management	Reporting and support for staff subject to violence at work	1-866-922-9464 Webpage (Pulse)
Doctors of BC Resources	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 Webpage
	Violence Management	Further resources for violence management	Webpage
Medical Staff Association Resources	Each site has an assigned MSA which help represent the interests of their medical staff and provide various supports		Webpage
Other Resources	CMPA	Advisors can counsel and help provide clarity if there is a college or legal concern	1-800-267-6522 Webpage
	Divisions of Family Practice	For GPs, your local Divisions may offer a variety wellness supports	Webpage