

WELLNESS RESOURCES, SUPPORTS & CONTACTS FOR PHYSICIANS



Dr. Tara Rector

Chief Wellness Officer

Clinical Chief, *Occupational Health*

tara.rector@nlhealthservices.ca

Respectful Workplace Program

respectfulworkplace@nlhealthservices.ca

The Respectful Workplace Program provides confidential, impartial support to NLHS employees experiencing workplace conflict, offering services such as consultation, conflict coaching, mediation, and facilitated dialogue to help resolve issues constructively. Its goal is to foster a healthy, inclusive, and respectful work environment by giving employees & physicians the tools and support needed to address concerns safely and effectively.

GreenShield+ brings together your benefits and care in one seamless experience, making it easier for physicians to access the right support at the right time.

Designed for busy professionals, it blends convenience, compassion, and clinically grounded services to help you feel supported both at work and at home.

- Unlimited Counselling
- Career & Life Coaching
- Personalized Wellness

Access:

Website: www.greenshield.ca/en-ca

Phone: 1-888-525-7587

Org. Code: NLHS

Scan the QR Code to Sign Up!



Physician & Family Assistance Program

The PFAP provides physicians and their families with 24/7 confidential support, offering crisis counselling, short-term therapy, and guided referrals to specialized clinicians when additional care is needed. It's designed specifically for the pressures of medical practice, ensuring you always have someone to talk to who understands the unique challenges of your work.

It also offers physician-to-physician peer support and twice-monthly virtual groups; safe, supportive spaces to debrief and connect. Eligible family members, including spouses and dependents under 25, can access the program as well.

- 24/7 confidential counselling and short-term therapy.
- Helpline: 1-800-663-6729

Physician Wellness Hub

The Physician Wellness Hub offers a comprehensive collection of evidence-informed tools, articles, videos, and resources designed to help physicians and medical learners manage stress, support their well-being, and build healthier practice habits.

It also provides targeted guidance for leaders and educators looking to strengthen wellness culture in clinical and academic settings. With expert-reviewed content across a wide range of topics, the Hub serves as a trusted, accessible space for proactive self-care and professional support.

ph: 1-888-855-2555

<https://www.cma.ca/physician-wellness-hub>