The Department of Surgery, Calgary Zone, recognizes that our members are our most valuable assets. It believes that members should be supported through difficult times.

Who are we?
We are a group of formally trained Surgery Peer Support Team (PST) members available as a resource for our surgery colleagues. We aim to be supportive listeners, offer guidance, act as a liaison for outside resources (i.e., professional services), and ensure safety.

Why are we here?
The practice of surgery may be rewarding but may also at times be challenging. At some point, you may feel the need to seek support from a colleague. This may arise from any number of different situations, including imbalance between work and personal life; involvement in an adverse event, where a patient suffered serious or fatal harm; perceived inequity within the workplace; personal conflicts at home or at work; financial concerns; professionalism matters; or career-tract indecision.

How does it work?
We will encourage you to bring forth any issue at any time. A list of PST members will be provided. As a surgeon you may contact any person on the list by cell phone or email and set up a time to talk. We take confidentiality seriously. The conversations you have with PST members will be held in strict confidence. This commitment to confidentiality would only be limited if your PST member perceived immediate safety concerns for you and/or others.

For questions or a list of the Peer Support Team Members contact:
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In collaboration with
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