

healthcare.

See and share our new Stand Up and Speak Out poster, along with further information on the [anti-racism web page](#).

## AHS partners

## Physician-to-Physician Peer Support Spreading in AB

Physician distress is a well-documented phenomenon with costly consequences for individuals, patients and society, and peer support is an evidence-based intervention for physician distress. PFSP and Well Doc Alberta are working closely together to offer physician-to-physician peer support training.

**Peer Support 101** is a pre-cursor for those who may be considering the Peer Support Program training that Well Doc Alberta offers for teams. This 50-minute virtual live session will raise physicians' awareness and understanding of peer support as an effective strategy to support physician wellness. It examines the scope of peer support, from informal to formal, so participants understand the concepts and rationale of various approaches to peer support and can make informed decisions related to pursuing a peer support initiative. This session is offered on a request basis, subject to physician facilitator availability.

**Physician Peer Support Team Development:** Well Doc Alberta is working with interested groups of physicians (e.g., Divisions, Departments, community physicians, rural physicians) to develop and train formal physician-to-physician peer support teams. The 3-step development process involves:

1. An initial meeting to understand your group and to discuss readiness, feasibility, and timelines,
2. A 1-hour training session with details on how to develop a peer support team, and
3. A 4.5-hour training session to formally train members of the peer support team about how to safely provide peer support to their colleagues.

If your group is interested in developing a peer support team or would like additional information, please reach out to [WellDocAlberta@ucalgary.ca](mailto:WellDocAlberta@ucalgary.ca).

As a **just-in-time resource**, check out, "[Helping Each Other Through The Pandemic: Providing Informal Physician-to-Physician Peer Support](#)".

