



Physician Wellness

January 2023



Professional Support Program (PSP)

Who we are	Services	Contact
<ul style="list-style-type: none"> Confidential peer support for DNS, NSVMA and NSDA members and their families 	<ul style="list-style-type: none"> Support line provides peer counselling PSP counsellors are navigators connecting clients to services (e.g., psychiatric and mental health, financial planning, career coaching etc.) 	<ul style="list-style-type: none"> Call 902-468-8215 or toll free 1-855-275-8215 Email professionalsupport@doctorsns.com
<ul style="list-style-type: none"> 5 PSP counsellors, practicing NS physicians 24/7 access through Telus Health 	<ul style="list-style-type: none"> Balint groups, wellness seminars etc. 	<ul style="list-style-type: none"> https://doctorsns.com/
<ul style="list-style-type: none"> No affiliation with licensing or regulatory bodies or related university training programs 		

Physician Leadership Institute

- DNS collaborates with CMA Joule to offer 2 day courses
- Upcoming courses
 - Leadership Begins with Self Awareness
 - Leading Change
 - Creating a Health Work Culture through Trauma-informed Leadership
- <https://doctorsns.com/benefits/physician-leadership>

Physician Leadership Development Program (PLDP)

- Aims to enhance the skills of experienced leaders to influence health system decisions that affect physicians and patients
- Includes 6 modules, individual executive coaching and Fire Inside chats from system leaders
- Participants collaborate on an action learning project, working to find solutions to complex, real-life problems in collaboration with colleagues and partner organizations
- Do not need to hold a formal leadership role to participate
- <https://doctorsns.com/benefits/physician-leadership/PLDP>

Questions?