

Peer conversations can help when life gets difficult.

Discreet, confidential, free.

DO YOU RELATE TO THESE STATS?

44% of physicians experience symptoms of **burnout**

8% of medical residents suffer from **depression**

Approx. **400 American physicians** commit **suicide** each year

10-12% of physicians have a **substance abuse disorder**

40% of physicians are **reluctant** to seek **care for mental health**

IS THIS YOUR REALITY?

- High workload
- Complex patient population
- COVID-19
- Short patient visit times
- High volume of administrative/clerical work
- Lack of open communication with leadership
- Poor work/life balance
- High level of student debt
- Trauma following a medical error or poor patient outcome

SUFFERING FROM BURNOUT?

Common Symptoms:

- Emotional exhaustion
- Depersonalization (detachment from self and identity)
- Reduced sense of personal accomplishment
- Feeling devalued

We have had very positive results with the **DOC2DOCAZ peer support program**. It was designed and geared towards you, the Licensed Physician and we are available to help you get through difficult times.

This is NOT counseling. It's a peer-to-peer conversation. No notes are taken. No records or reporting.

PEER CONNECT NOW

Visit www.DOC2DOCAZ.org

CONTACT OUR CONFIDENTIAL AND DEDICATED LINE:

(646) 809-0957



DOC 2 DOC AZ
PHYSICIAN PEER SUPPORT

Enhancing the Well-being of Arizona Physicians, Physicians in Training, and Medical Students.

You deserve to enjoy being a physician again.

Overcoming the barriers to seeking help.

IMPACT OF BURNOUT ON PHYSICIANS

- Substance abuse
- Depression, suicidal thoughts
- Lack of self-care

IMPACT OF PHYSICIAN BURNOUT ON PATIENTS

- Lower quality care, medical errors
- Lower patient satisfaction
- Negative treatment environment

BARRIERS TO PURSUING HELP

- Concerns about confidentiality and that seeking treatment could imperil medical licensure
- Medical culture has stigmatized mental health conditions and those who seek help
- Physicians tend to internalize distress as part of their professional identity

WHAT IS THE SOLUTION?

You don't have to go it alone.

We're here to help.

DOC2DOCAZ was created **for you** by your advocates at ArMA.

It is a **FREE**, informal program designed to help all licensed Arizona physicians best deal with burnout. **It provides confidential, peer-led support to physicians ... by physicians.**

This is not a "session." It's just a chat. Doc to doc.



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