

ephysicianhealth.com

ePhysicianHealth.com is the world's first comprehensive, online physician health and wellness resource that helps practicing physicians, resident physicians, and medical students be resilient in their professional and personal lives (about.ephysicianhealth.com). Since the site was launched in the fall of 2009, it has had more than 20,000 visits from more than 12,000 visitors from 108 countries.

Here are some of the student and physician responses to the site:

"I'm an addict. I know it and have known it for years. I was using your website to look up resources for a burnt out colleague and enjoyed Dr. Farnan's work. It hit me hard - I need help too. Going to call my PHP - going to stop. Thank you. Spread this around. Lots of us out there."

"Great site. Practical and interesting. My class likes that it's anonymous. You never know who is checking up on you. Thanks for making this for us."

This month, check out what ephysician health has to say about the resilience; learn resilience BASICS: @ <http://ephysicianhealth.com/?5>

To help navigate the site, **PARA** recommends using <http://about.ephysicianhealth.com>, a searchable site created through a partnership between the Faculty of Medicine at the University of Ottawa and the Canadian Medical Foundation. This site will help those in need more easily access the resources available on the ePhysicianHealth.com site.