

Peers CARE (Community, Acceptance, Respect, and Empathy)

Peer Support Team for Residents and Fellows



The Office of Resident Affairs and Physician Wellness recognizes that residents and fellows experience emotional distress because of the work that they do. They should be supported when dealing with personal or professional challenges.

Who are we?

We are a group of Calgary residents and fellows who are formally trained Peer Support Team members available as a resource for our colleagues. We aim to be supportive listeners, to guide those seeking support to additional professional services, and to be alert for risk of harm.

Why are we here?

The practice of medicine is rewarding but can be challenging, and at times, you may feel the need to seek support from a colleague. This need may arise from many different situations such as issues within the learning environment, distress surrounding an adverse event, a challenging workday or interaction, mental health issues, conflicts at home or work, financial concerns, career transitions, or any other issue that is troubling you.

How does it work?

We encourage you to bring forth **any issue at any time**. We take confidentiality seriously. The conversations you have with Peer Support Team members will be held in strict confidence. This commitment to confidentiality would only be limited if there is a perceived immediate safety concern for you and/or others. Such safety concerns would necessitate the involvement of the Resident Peer Support Team Physician Coordinator and/or the Residency Training Program Director.

A list of Peer Support Team members is provided. You may contact **any person on the list** by cell phone or email to set up a time to talk. You can expect a response **within 24-48 hours**, recognizing that certain Peer Supporters may be unavailable at times. If you do not receive a response within 24-48 hours, we encourage you to reach out to another peer supporter on the list.

For questions or a list of the Peer Support Team members, contact:

Office of Resident Affairs & Physician Wellness

residentwellness@ucalgary.ca

For general questions on peer support, contact the Well Doc Alberta Peer Support Program Team at welldocalberta@ucalgary.ca



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