

Services Offered by the Professionals Health Program

- Telephone advice and support for DVMs, their families and concerned colleagues
- Preliminary assessment
- Intervention coordination
- Referral for counselling and clinical services
- Recovery monitoring
- Case management & advocacy
- Community outreach through presentations and continuing education

Originally developed by the Ontario Medical Association for physicians, the Professionals Health Program is now offered to Ontario veterinarians through the Ontario Veterinary Medical Association.

The program is administered by the Ontario Medical Association with generous funding provided by the College of Veterinarians of Ontario.

All calls to the PHP are kept confidential. The PHP never reports concerns expressed by a caller at the point of intake, to the CVO. Program staff will simply advise the caller about his or her options. There is no "down side" to calling the PHP with concerns or for advice.

*Confidential
help
for you
or a
colleague
is available
right now*

Professionals Health Program (PHP)

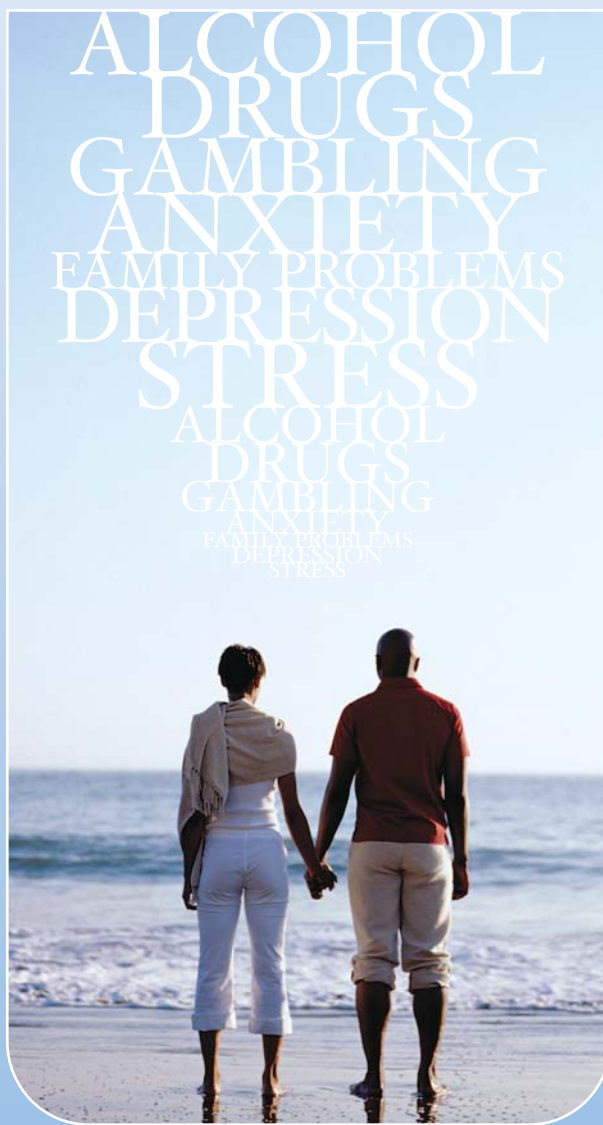


Professionals
Health
Program



ONTARIO
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MEDICAL
ASSOCIATION

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*Confidential help for you or a
colleague is available right now...*

**Confidential Toll-Free Line:
1-800-851-6606**

Do you know someone in need of help with substance abuse or psychological problems?

Help is available right now through the...

Professionals Health Program

**Confidential Toll-Free Line:
1-800-851-6606**

What is the Professionals Health Program (PHP)?

The Professionals Health Program (PHP) provides veterinarians and concerned colleagues access to prompt, professional and completely confidential advice, support, and referral to appropriate services.

Professional case managers (accessible via a toll-free phone line) help veterinarians assess the problems, then provide referrals to the individual for counselling and clinical services.

Confidential

The Professionals Health Program is operated at arm's length from OVMA through the offices of the Ontario Medical Association. PHP staff understand that callers may have difficulty in sharing their personal concerns with others. Personal health information is a private matter and PHP staff go to great lengths to ensure an individual's privacy and confidentiality are respected. Callers have the right to remain anonymous if they wish.

What kinds of problems can the PHP help me with?

- Emotional Distress
- Anxiety
- Drug and Alcohol Abuse
- Depression
- Family Problems
- Gambling
- Burnout
- Personal and Professional Isolation
- Relationship Problems
- Stress

How do I recognize a problem?

Signs and symptoms that you or a friend may need help, include:

- Personality change
- Loss of efficiency and reliability
- Client and staff complaints about changing attitude or behaviour
- Increased sick time and time away from work
- Excessive time at work
- Mood swings, anxiety, depression, suicidal thoughts or gestures
- Indecision
- Increasing personal and professional isolation
- Physical deterioration
- Unpredictable work habits and patterns
- Memory loss
- Heavy "wastage" of drugs
- Alcohol on the breath
- Inappropriate clinical judgement

Untreated, veterinarians may suffer needlessly and may put themselves, their families and the animals they treat at risk.

Help is available...