

A Conversation — Physician Wellness and Mental Illness in Physicians or Surgeons

Physicians and surgeons face a higher risk of experiencing mental illnesses such as anxiety, depression, substance use, or trauma-related disorders.

In this session, a panel of experts discuss key concepts about mental illness and occupational distress for physicians and surgeons, describe how occupational distress syndromes may threaten well-being, summarize how stigma and professional culture may undermine well-being, and describe concrete strategies and resources to support well-being.

**please note: this session specifically talks about suicide and suicidal ideation*



Contact us to get started: thewelldocinitiative@ucalgary.ca