

WE CARE: Physician Peer Support

Confidential, colleague-to-colleague connection and support

Being a physician is rewarding *and* can also be stressful and isolating, especially when integrating personal and professional life.

UCSD peer supporters provide confidential, compassionate, colleague-to-colleague support.

Peer support works

- Peer support is highly rated and shown to be effective in reducing distress & promoting well-being
- All physician peer supporters are trained and adhere to confidentiality

Support for any concern

- Personal and/or professional challenges
- Safe, nonjudgemental, and stigma free support

Your Support, Your Way

- Phone, Zoom, or in-person
- Personalized matching



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Connect here



There is no wrong reason to reach out

Peer Support is NOT mental health treatment.

For additional support options, please visit <https://physicianwellness.ucsd.edu>