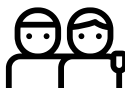




ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on peer support efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, and social media posts.



Peer-support Programs and Hotlines:

- [ACP Well-being Champions Program](#) - resources to foster local communities of well-being by supporting chapter members, practices, and organizations in addressing burnout and the conditions that create it.
- [Clinician Peer Support Program of Central New York](#) - a confidential peer support for physicians, advanced practice clinicians, nurses, residents, behavioral health clinicians, and respiratory therapists.
- [Peer-support at Brigham and Women](#) - connecting trained peers to impacted colleagues to offer a listening ear and the comfort of speaking with someone who has “been there.”
- [Peer-to-peer physician support](#) at UNM - confidential, independent, legally-protected support and resources for life’s inevitable challenges. PDF opens online.
- [Physician Support Line](#) - psychiatrists helping our US physician colleagues and medical students navigate the many intersections of our personal and professional lives. A free and confidential support line.
- [ACP I.M. Emotional Support Hub](#) - a list of counseling and support hotlines.



Articles:

- [Physicians' needs in coping with emotional stressors: the case for peer support.](#) Archives of surgery (2012).
- [Peers offer welcome, ongoing support.](#) ACP Internist (2021).



Tool Kits:

- [AMA STEPS Forward Peer Support Programs for Physicians](#) - actionable, practical toolkits and customizable resources to mitigate the effects of emotional stressors through peer support.
- [Psychological First Aid](#) - an evidence-informed approach that provides staff and volunteers with practical ways to help people with their basic needs and immediate concerns during a disaster.