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*The counseling was easy to access and Dr. Tobin helped me with burnout, anxiety, and stress. Thank you for this program.*  
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## Benefits

- Up to 8 free, confidential sessions with an experienced psychologist
- Convenient, private location offsite
- No insurance billed
- No electronic record
- Not reportable
- Free for members and resident members
- For physicians only

## Privacy

Confidentiality and privacy are very important to you, and to us. No information is disclosed without your written consent, and sessions are not reportable to the Board of Licensure, who fully supports the pursuit of this program.



**Funded in part by OSMA Foundation and contributions of OCMS members.**

OCMS is a professional organization that serves as the voice of physicians in Oklahoma County. By joining OCMS, you are joining a **legacy of leaders** who have helped to transform the delivery of healthcare. OCMS is unified with the Oklahoma State Medical Association.

physician  
wellness  
program

Free, confidential  
counseling for  
members and  
resident members

[okcountymed.org/pwp](http://okcountymed.org/pwp)

*The counseling was meaningful and came at a time when I really needed it. The issue I sought help for is better and I'm confident that my confidentiality as a physician is being maintained.*

- » Are you stressed out, burned out at work?
- » Do you feel sad, irritable, isolated or alone?
- » Are you anxious about mandates and the impact on your career?
- » Are you having difficulty with relationships, either at work or home, or feeling disconnected from friends?
- » Do you feel as if your life and practice are in total chaos?
- » Is uncertainty about the direction of your career keeping you stuck?
- » Are you concerned about pending litigation?
- » Do you feel caught in a cycle of new mandates?
- » Do you think about leaving it all?

If you answered yes to any of these, you are not alone. Most physicians struggle to find a balance between the intense demands of practicing medicine and their personal lives. The Physician Wellness Program (PWP) can help connect you with a counselor to help.

A professional counselor can help you cope and regain your natural resilience. The important thing to remember is that there is always a solution.

The **PWP** can help you address any problems or concerns you may be experiencing. You do not need to be in crisis, but the access to program psychologists are here if you need them.

No information is disclosed without your written consent and sessions are not reportable to the Oklahoma State Medical Board of Licensure.

## PSYCHOLOGICAL COUNSELING AVAILABLE

- No medical diagnosis
- No insurance billing
- No electronic record
- No member identification
- No reporting
- Free for OCMS members



## HOW THE PWP CAN HELP

- » Find a meaningful way to get your life back on track and rebuild your resilience
- » Address feelings of anxiety and depression
- » Deal with the stress of litigation
- » Create a better balance between your work and personal life
- » Resolve relationship issues and reconnect with family and friends
- » Develop strategies to deal with difficult patients or colleagues
- » Cope more effectively with burnout, adverse events or medical errors
- » Thrive in an ever-changing environment

## APPOINTMENTS

During regular business hours, call 405-340-4321 to schedule your first appointment. Staff with the psychologists' office will provide you with details.

An answering service is available for after-hours questions.