

# Physician Assistance Program

866-724-4327 | [eap.partners.org](http://eap.partners.org)

EAP WORK&LIFE RESOURCES

**The Physician Assistance Program** is a free and confidential Work&Life physician well-being resource including short-term counseling, consultation, educational programs and referrals. No problem is too big or too small.



## Work and Life Issues

Life changes and challenges / Elder or disabled caregiving  
Job stress / Financial stress / Legal concerns / Childcare



## Family and Relationships

Relationships / Sexual orientation and gender identity  
Parenting / Grief and loss / Domestic violence



## Well-being

Stress and resilience / Healthy living / Burnout  
Addictions / Depression, anxiety and emotional health

The Physician Assistance Program is committed to Workplace Health and Well-being

*"Here for you...Help for you."*

Visit [eap.partners.org](http://eap.partners.org) for more information.



## **Who can use the Physician Assistance Program?**

Professional staff and immediate household family members.

## **When can I talk to a Physician Assistance Program Counselor?**

Appointments are available weekdays in-person, by video and phone, to accommodate all shifts. Call Monday through Friday, 8 a.m. to 5 p.m. to schedule an appointment. We also offer 24-hour on-call crisis response. Appointments can be scheduled at any office, regardless of where you live or work.

## **Will anyone know I have used the Physician Assistance Program?**

Nothing is included in your medical record or personnel file. Contact between you and the Physician Assistance Program is confidential. No information can be reported about you or your use of the Physician Assistance Program to anyone without your written consent, except when required by law.

## **Workgroup Crisis Response**

Our Physician Assistance Program counselors are skilled at supporting leadership, staff and employees in the aftermath of traumatic incidents or adverse medical events that can disrupt patient care, operations and staff well-being.

## **Online Resources**

Visit our website for helpful information, resources, self-assessment tools and upcoming training dates. Throughout the year we offer webinars and other educational workshops.

## **Work-Life Resources for Families**

The Physician Assistance Program assists parents returning to work after maternity or paternity leave and offers other supports to families. See the EAP website for information about employee lactation room locations, childcare and eldercare resources.

**Schedule a confidential in-person,  
video or telephone appointment:**

Call 866-724-4327

OR

Visit [eap.partners.org](http://eap.partners.org)

and complete the appointment request form.

**We serve Mass General Brigham.**

Call or check our website for a list of office locations.