

Medical Society of Metropolitan Portland



The purpose of the Physician Wellness Program is to create a safe harbor for physicians to obtain help.

The Framework

The Medical Society of Metropolitan Portland Physician Wellness Program offers confidential counseling, coaching, wellness education and a resource library, removing all barriers that typically prevent physicians from getting the help they need.

We are committed to private sessions that respect the dignity and training of each clinician. Our commitment is to provide short-term wellness sessions with the option of referral to additional care, if needed. Career counseling is available to enhance decisions within the clinician's training and expertise.

Autonomy, choice and privacy are the most critical components of our overall program.

Program Features

- Appointment hours are flexible with physicians' schedules in mind. Urgent appointments are available.
- No diagnosis is made; no insurance is billed; no electronic records created.
- Psychologists are experienced in counseling physicians and offer east side and west side locations.
- Free to all physicians, physician assistants and nurse practitioners at no cost
- No information disclosed to others without the physician's written consent
- No role in disciplinary or fitness-for-duty evaluation

Appointments

To schedule an appointment, please call MSMP's Private Wellness Line at [\(503\) 764-5663](tel:5037645663).