

Province/Territory	Provincial Wellness Resource	Helpline	COVID resource link
British Columbia	https://www.physicianhealth.com/	1-800-663-6729	https://www.doctorsofbc.ca/working-change/advocating-physicians/coronavirus-covid-19-updates
Alberta	https://www.albertadoctors.org/services/pfsp	1-877-767-4637	https://www.albertadoctors.org/about/COVID-19
Saskatchewan	https://www.sma.sk.ca/programs/43/roadside-assistance.html	1-800-667-3781 brenda.senger@sma.sk.ca	https://www.sma.sk.ca/resources/68/covid-19-information-for-physicians.html
Manitoba	http://www.docsmbwellness.org/resources/docs-mb-services/	1-204-237-8320 MD Care 204-480-1310	https://doctorsmanitoba.ca/2020/03/resources-on-coronavirus-for-health-care-providers/
Ontario	http://php.oma.org/	1.800.851.6606	http://php.oma.org/keeping-yourself-healthy-resilience-and-stress-inoculation-during-covid-19/
Quebec	http://pamq.org/fr/	1-800-387-4166 514-397-0888.	http://www.cmq.org/page/fr/covid-19-suivez-le-fil-de-l-actualite-du-college.aspx https://www.fmoq.org/pratique/coronavirus/covid@fmsq.org
New Brunswick	inConfidence	1-877-418-2181	https://www.nbms.nb.ca/patient-information/covid-19/
Nova Scotia	https://doctorsns.com/benefits/professional-support	902-468-8215 or 1-855-275-8215 Professionalsupport@doctorsns.com	https://doctorsns.com/user-login?destination=/news-events/COVID-19-updates (requires login)
Prince Edward Island	https://mspei.org/salary-and-employee-benefits/salary-and-employee-benefits-physician-health-program/	1-800-663-6729	https://mspei.org/covid/
Newfoundland and Labrador	http://www.myinconfidence.ca/	1-877-418-2181	http://www.nlma.nl.ca/page/coronavirus
Yukon	https://www.albertadoctors.org/services/pfsp	1-877-767-4637	