



DOC TO DOC

A program of the Columbus Medical Association

As the healthcare workforce continues to dwindle and burnout rates increase, it has never been more important for physicians to properly care for their mental, emotional, and physical health.

Peer Support Programs like ours have been shown to reduce burnout in physicians and improve overall physician well-being.

The CMA Peer Support program is designed to provide access to an empathetic network of physician peers who have been professionally trained to support colleagues in need. The goal is to ensure Central Ohio physicians feel emotional and psychological support from those who have walked in their shoes.

Peer support will occur over 1-2 sessions and if more robust mental health support or coaching is needed, referrals can be coordinated.

Here's how we can help physicians seeking additional support:

Support for physicians by physicians

Get Started:

There are two ways to connected with a peer supporter today!



Option 1:

Fill out the online form at columbusmedicalassociation.org/doctodoc



Option 2:

Call 614-385-6660

- Connection with a physician Peer Supporter who has received training by the leading national leading expert, Dr. Jo Shapiro of Harvard.
- 100% Confidential & physician-centric.
- Quick availability to respond to your request.

Scan the QR code for more information:

