How You Can Help

This program is funded by donations to MMFO 501(c)(3)

It is the mission of Metropolitan Medical Foundation of Oregon (MMFO) to support activities which improve health education and the delivery of health care to the community.

Please consider a charitable contribution by making a donation at www.MMFO.org.

Your contribution to MSMP's charitable 501(c)(3), Metropolitan Medical Foundation of Oregon, is tax-deductible, however, the real benefit lies in the deep, long-lasting satisfaction of knowing that you have invested in the health and well-being of your colleagues.

Confidential Wellness Line
(503) 764-5663
www.MSMP.org/Physician-Wellness-Program

Partnered with
Oregon Wellness Program
(541) 242-2805
www.OregonWellnessProgram.com

For urgent needs, please call your County Mental Health Crisis Intervention Hotline:

Multnomah County (503) 988-4888
Clackamas County (503) 655-8585
Washington County (503) 291-9111
Confidential Counseling

The Medical Society of Metropolitan Portland Physician Wellness Program offers confidential counseling 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.

Appointment hours are flexible with physicians’ schedules in mind. Urgent appointments are available.

No diagnosis is made, no insurance billed and no electronic medical record created

Psychologists are experienced in counseling physicians, and offer east and west side locations

Free to all Physicians, Physician Assistants and Nurse Practitioners

No information disclosed to others without written consent

No role in disciplinary or fitness-for-duty evaluation

Confidential Wellness Line
(503) 764-5663

For more information regarding the Physician Wellness Program, including detailed profiles on our counselors and coaches, visit www.MSMP.org

Physician Wellness Program

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

Coaching

The Medical Society of Metropolitan Portland Coaching Program has vetted professional coaches who work with providers on how to manage life’s personal and professional difficulties that lead to burnout.

The Program offers resources for coaching services that are tailored to physicians’ needs; appointments hours are flexible with physicians’ schedules in mind and discounts offered to members of MSMP. Coaches are experienced in coaching physicians and are able to meet in a location that fits the physicians’ needs.

Education

We offer a variety of top-notch education programs, including burnout prevention, stress resilience seminars, risk management and team building workshops.

Wellness Library

MSMP’s Wellness Library has been redesigned with clickable infographics and direct links to an evolving collection of current articles, studies, videos and podcasts discussing physician burnout, stress, depression and general wellness.

These personalized resources are about physicians and for physicians. You will find tools to defuse stress, demonstrations of research-based innovations in the wellness arena, and life experiences being shared by your colleagues.