

Pathways

Supporting physicians
on their journey

DNS PHYSICIAN WELLNESS HUB

- No matter what kind of support you need – whether that’s supporting your mental health, coping with substance use disorder, developing your leadership skills, building community as an internationally trained physician, or any of a host of other things – DNS Pathways is here to support you on your wellness journey.
- Make DNS Pathways your first stop to connect with our physician wellness navigator, learn more about the programs and resources available to you, and reclaim your passion for your work and your life.
- Services are available to DNS members (retired and practicing physicians, residents, and their families).

PROFESSIONAL SUPPORT PROGRAM

- Doctors Nova Scotia’s Professional Support Program (PSP) offers confidential, peer support to practicing and retired physicians, residents and their families who are experiencing life challenges - whether they are personal or professional, financial, psychological, psychiatric, or addictive.
- The PSP program responds to the mental health and wellness needs of members, supports initiatives, workshops and other resources that promote wellness, resiliency and balanced living.
- Please Note: The PSP counsellors and Wellness Navigator have no affiliation with licensing and regulatory bodies or related university training programs of the professions they serve.

FAMILY PLUS

- Family Plus is a tailored counselling program designed for physicians, residents, and their immediate family members (i.e. spouse and/or children) in accessing highly skilled, confidential and free counselling support, with up to six (6) sessions, covered by Doctors Nova Scotia.
- Family Plus contracts registered counselling therapists and clinical social workers but excludes psychological services such as testing at this time.
- Family Plus offers short-term counselling. You or your family member may receive up to six free counselling sessions from Family Plus, with the option to continue seeing the practitioner after your six sessions expire, paying out-of-pocket or through your DNS extended health and dental benefits plan.
- DNS members can access both peer support and tailored counselling services simultaneously.

CONTACT US

If you are concerned about yourself or one of your peers, please contact:

Katelyn Junus, MSW, RSW
Physician Wellness Navigator, Doctors Nova Scotia

Phone: (902) 329-8689

Email: dnspathways@doctorsns.com

Contact Form: <https://www.dnspathways.com/>

All calls and e-mails are confidential.

