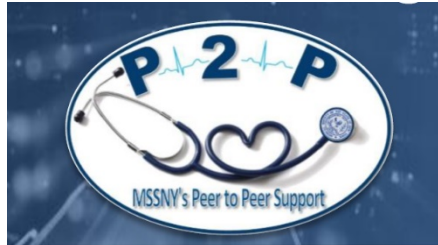


Peer to Peer Program



The Medical Society of the State of New York now offers to physicians, house staff and medical students an opportunity to talk with a peer about some of life stressors. MSSNY's Physician Wellness and Resiliency Committee has launched a Peer 2 Peer (P2P) program to assist their colleagues who are need of help in dealing with work and family stressors. With the advent of the COVID-19 pandemic, some of the emotional issues related to this event, may also be troubling for our colleagues.

What is a peer supporter? An individual who has shared experiences, listens without judgement, can validate feelings and provide **SUPPORT, EMPATHY AND PERSPECTIVE**. Someone who also provides supports to systems and practices and encourages the use of positive coping skills. They also help connect the individual with needed treatment.

MSSNY's P2P Program currently has nearly 50 trained peer supporters from across NYS who are ready to speak with peers.

Email: P2P@MSSNY.org | Phone: 1-844-P2P-PEER (1-844-727-7337)

And request that you be connected with a peer supporter

