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Arizona Medical Association Launches Physician Peer Support Program to Help with Burnout

October 14, 2020 (Phoenix) – The Arizona Medical Association (ArMA), in partnership with Corporate Counseling Associates, Inc., is launching an innovative program that provides physicians the chance to talk with a peer about stressors they are encountering. The Virtual Doctors' Lounge will allow physicians to share concerns with someone who understands the daily strain of being a physician, especially with the added emotional stress and hardships stemming from the COVID-19 pandemic.

"We are providing a healthy and unique opportunity for physicians to connect outside of the workplace," stated Ross Goldberg, MD, ArMA president. "Physicians are at high risk for burnout, and this evidence-based peer support program will give our colleagues a chance to talk with other physicians casually."

ArMA recognizes that physicians are expected to maintain a high level of awareness and are heavily relied on by the patients they serve. This program aims to change the culture of medicine, connect physician participants to other physicians, and provide referrals to other resources as needed. It is the goal of this program to give a sense of relief and a healthy outlet for Arizona physicians to perform to the best of their ability.

The Virtual Doctors' Lounge is free, confidential, and available to any physician in Arizona. The program is made possible through grant funding provided by the Arizona Department of Health Services and the Arizona Health Care Cost Containment System. Physicians can begin the peer matching process by visiting www.MDlounge.org.

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About Arizona Medical Association

The Arizona Medical Association (ArMA) is the largest organization in the state representing the interests of all physicians. For more than 125 years, ArMA has been advancing patient care and providing its members with leadership, advocacy, education, and networking. For more information, visit www.AZmed.org and follow ArMA on [Facebook](#), [Twitter](#), and [LinkedIn](#).