

Physician Resource Network (PRN) Support

Offering confidential, one-on-one support

A career in medicine is at times demanding and stressful. The PRN Support program connects Stanford Medicine physicians one-on-one with trained colleagues who can informally listen, share perspective, provide resources, and help identify additional options for support.

PRN Support can be helpful as you journey through:

- Stress over difficult clinical events
- Concerns over risk management issues and potential litigation
- Workplace conflicts
- Work-home-life issues
- Caregiving (children and elderly)
- Burnout
- Patient issues
- Isolation and loneliness
- Moral distress and vicarious trauma
- Microaggressions and mistreatment from others
- Personal or family concerns
- Impact of the pandemic
- Challenges with self-compassion
- Career difficulties
- Imposter phenomenon



Please email us by using the QR code on this flyer below.



You will be paired with someone whose career background is like yours.



A peer supporter will contact you to meet in-person or by phone.

To read about our peer supporters visit [our webpage](#).

