



Physicians' and Dentists' Confidential Line

Substance Abuse

Depression

Career Burnout

Stress

About the hotline: We are a confidential service dedicated to assisting physicians and dentists who may feel overwhelmed by aspects of their personal or professional lives. Our goal is to help our colleagues before their lives and practices are in jeopardy.

How it works: All calls are completely confidential. Callers are quickly connected to a physician or dentist with extensive experience in helping health professionals having problems with stress, substance abuse or mental health issues. Callers receive the support and referrals needed to better manage whatever issues with which they may be struggling.

Who should call: If you're a physician or dentist looking for help with substance abuse or a psychological or emotional problem, we're here to help. If you're a colleague, family member or friend of a physician or dentist in need of assistance, please don't hesitate to call.

While you'll be there for your patients, we'll be here for you.

Northern California: 650.756.7787 • Southern California: 213.383.2691

The Physicians' and Dentists' Confidential Line is a project of the California Medical Association and the CMA Alliance, with additional support from the California Dental Association.