

IMPACT Isolated Medical Provider Aftercare Team

Peer Support for Rural Health Care Providers

IMPACT offers peer support to rural BC physicians and remote nursing station nurses who have experienced a challenging event in the course of their work. These situations are an unavoidable part of rural practice. But when health care providers are able to talk about these experiences in a safe and accepting environment, it can reduce the possibility of more difficult or cumulative distress arising at a later time.

We're here for you!



WHO CAN CALL IMPACT?

- ✓ Rural physicians in northern BC
- ✓ Nurses based in remote nursing stations in BC
- ✓ A concerned colleague or manager of the above

**VOICEMAIL
NUMBER:**

1-236-361-9090

HOW DOES IMPACT WORK?

- Leave a message on the confidential voicemail. An IMPACT peer supporter will contact you (or the affected provider) within 72 hours.
- IMPACT peer supporters are experienced rural health care providers who can listen, provide empathetic support and encouragement, and share resources.
- Peer support calls are confidential. IMPACT does not maintain documentation about the conversations between peer supporters and health care providers.

FOR MORE INFORMATION ON IMPACT, PLEASE VISIT
WWW.RCCBC.CA/IMPACT OR CONTACT IMPACT@RCCBC.CA

Rural Coordination
Centre of BC

