



HONG KONG ACADEMY OF MEDICINE
香港醫學專科學院



Peer Support Scheme

a voluntary programme for Academy Fellows and specialist trainees to offer or find support through informal communication that may be beneficial to mental well-being

How does PSS work?

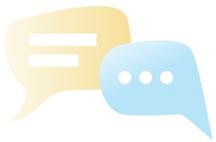
Our **Peer Supporters** are all keen Academy Fellows who have received dedicated training to offer support to peers on a voluntary basis.

A list of trained **Peer Supporters** will be published on the designated webpage “well-being.hkam.org.hk”. Academy Fellows or specialist trainees who wish to seek support (Support Seekers) can connect with any **Peer Supporters** of own choice.

Enroll as a Peer Supporter



<https://online.hkam.org.hk/form/pss>



All conversations will be kept strictly confidential.



Enquiries : PSS@hkam.org.hk



A S A P well-being.hkam.org.hk
an approach to manage stress and avoid burnout



Promoting doctors' well-being Ensuring quality patient care