

# Alberta Doctors' Digest

## A physician's story of addiction, depression, hope and recovery

Dr. Adam Hill helps to reduce the stigma of physician depression and addiction and to instill hope about recovery. In this webinar recording, he shares his personal journey and reflections on factors that cause distress in the medical workforce, including obstacles and barriers preventing mental health treatment and the effects of stigma and the stereotyping of mental health and addiction. You will be moved and inspired!

[Dr. Adam Hill video](#) (member login required)

This link will take you to AMA's member login required screen and then to the video.

A link to this video can also be found in two sections on our [Physician Health Resources](#) web page:

1. physician wellness news and events
2. articles and tools - addiction

As more news and events are published, its appearance here will drop off and the link under articles and tools - addiction will remain.

A blue and yellow banner for the Physician and Family Support Program. On the left, a large, light blue stylized figure of a person with arms outstretched. In the center, the text "We are here with you and for you." is written in white and yellow. On the right, the text "Call AMA's Physician and Family Support Program" is in white, followed by the phone number "1.877.767.4637" in yellow and "24 hours a day" in white. At the bottom right, there is a white logo of a stylized tree with people figures and the letters "pfsp" in blue.

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