

---

## Physicians' and Dentists' Confidential Line

---

In Northern California: (650) 756-7787

In Southern California: (213) 383-2691

[www.cmanet.org/resources/confidential-assistance](http://www.cmanet.org/resources/confidential-assistance)

Asking for help is one of the most difficult  
and heroic things you can do.



The Physicians' and Dentists' Confidential Line is a project of the California Medical Association, with additional support from the California Dental Association. Membership in these organizations is encouraged, but is not required to use the hotline.

  
California Medical Association  
*Physicians dedicated to the health of Californians*

---

## Physicians' and Dentists' Confidential Line

---



Doctors are everyday heroes.  
They are also human.



## About the hotline:

We are a confidential hotline for physicians and dentists who have substance abuse or psychological / emotional problems. Our sole mission is to help impaired doctors and dentists help themselves before their lives and livelihood are put into jeopardy.

## How it works:

Callers are quickly put in touch with hotline staff, all of whom are physicians or dentists with expertise in the field of addiction. We are supportive and nonjudgmental, and all calls are treated with the utmost confidentiality.

## Who should call:

If you are a physician or dentist looking for help with substance abuse or a psychological or emotional problem, we are here to help you. Also, if you are a colleague or family member of a physician who may have substance abuse or psychological / emotional problems, please call.

### Call for assistance with...

- Depression/Anxiety
- Drug Abuse
- Alcoholism
- Severe Stress
- Anger Management Issues
- Boundary Issues
- Mental Health Issues

---

## The Physicians' and Dentists' Confidential Line is here to help.

---

Substance abuse, depression, and career burnout can impact anyone - Including doctors.

Asking for help is one of the most difficult and heroic things you can do.

---

## Be a hero. Call us today.

---



Or visit

[www.cmanet.org/resources/confidential-assistance](http://www.cmanet.org/resources/confidential-assistance)