

# “TALKING TO EACH OTHER HELPS.”

## DR. MEGHAN GUY ON THE POWER OF PEER SUPPORT



**This National Physicians Day, we’re celebrating the compassion, courage, and quiet strength of the doctors who care for our communities — and one physician in particular who is helping her colleagues feel seen, heard, and supported.**

Dr. Meghan Guy, a family physician based in Golden, B.C., has been a cornerstone of care in the East Kootenay since 2012. Known for her clinical skill, dedication to reproductive health, and ability to handle complex care in a rural setting, she has now taken on a new role: championing physician wellbeing as the regional lead for the [East Kootenay Peer Support Initiative](#).

The initiative, launched in 2024 as part of a provincial partnership between the Physician Health Program and the Joint Collaborative Committees, is rooted in a simple yet profound truth: talking to each other helps. Peer Support offers regional physicians access to short-term, non-clinical emotional support from trained physician colleagues. It’s available for any reason — from burnout and professional isolation to navigating challenging cases or personal hardships.

For Dr. Guy, the decision to step into a leadership role in this initiative wasn’t about timing or ambition — it was about conviction.

“I didn’t really feel like I had the capacity to take on a leadership role,” she says. “But I saw the announcement seeking physician support for this project and thought, ‘This is important.’ I reached out, and when I found out no one else had put their hand up yet, I said I’d do it.”

Her passion for peer support is personal. Like many in the profession, Dr. Guy has faced emotionally difficult cases over the years — including a patient complaint early in her career and the death of a young patient in the ER. Some of those moments were accompanied by shame, self-doubt, and a sense of isolation. Others were buffered by the right kind of support — a reminder that she wasn’t alone, and that she could find her way forward.

“What made the difference wasn’t just time or experience — it was having someone I could talk to, someone who understood,” she explains. “That’s what peer support is all about.”

Peer support is not therapy, diagnosis, or mentorship. It’s a space for real, confidential conversations — physician to physician — grounded in empathy, shared experience, and trust. For rural doctors, this is especially vital. “In small communities, we often practice at the edge of our scope, with fewer resources and less backup,” Dr. Guy says. “The stakes feel high, and when something goes wrong, the emotional impact can be profound.”

Dr. Guy knows firsthand how hard it can be for physicians to ask for help. “There’s still a lot of shame in medicine,” she says. “We’re told mistakes will happen, but we’re not taught what to do when they do — how to cope, who to turn to, or even that it’s okay to talk about it.”

By normalizing conversations about the emotional challenges of medicine, Dr. Guy hopes peer support can be part of a broader cultural shift — one where physicians feel safer being honest about the hard parts of the job, and more confident reaching out to each other for support. Dr. Guy adds that informal peer support between colleagues is just as important as the more formal peer support program.

“We need to take care of ourselves and each other if we want to stay in this work for the long haul,” she says. “Burnout doesn’t help anyone. But peer support can. It can help us keep going. There have been moments when I questioned whether I could keep doing this, but I’ve come to realize it’s better for someone like me — someone who truly cares and tries every day to do what’s right — to stay in practice, even if I’m imperfect, than to leave because I’m afraid I’ll never be perfect.”

Whether you’re navigating a tough stretch at work, struggling with a personal issue, or simply in need of someone who understands — the East Kootenay Peer Support Initiative is here for you. Trained peer supporters from across the region are ready to listen, confidentially and without judgment.

Dr. Guy’s message to her colleagues is simple: “You’re not alone. We’ve been there. We’re here for you.” If you are a physician that wants to access peer support, visit [Peer Support Initiative | Divisions of Family Practice](#).



**East Kootenay**  
**Division of Family Practice**  
An FPSC initiative