

Texas Medical Board Press Release

FOR IMMEDIATE RELEASE

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Texas Medical Board Recognized for Supporting Health Professional Wellbeing

Named “2023 Wellbeing First Champion” by coalition of health organizations

The Texas Medical Board today announced it has received national recognition for the agency’s efforts towards destigmatizing health professionals seeking mental health care and treatment.

TMB was named a “2023 Wellbeing First Champion” by [ALL IN: WellBeing First for Healthcare](#), co-founded by [#FirstRespondersFirst](#) – an initiative of the Harvard T.H. Chan School of Public Health, Thrive Global, and CAA Foundation – and [The Dr. Lorna Breen Heroes’ Foundation](#).

“We’re proud to receive this honor for the Board’s work modernizing licensing language that encourages disclosure of physical and mental health status without fear of negative repercussion,” said Texas Medical Board President Dr. Sherif Z. Zaafran, M.D.

In 2020, the Board adopted [recommendations](#) made by the Federation of State Medical Boards, the American Medical Association and other health organizations, to update licensing application and renewal questions, and limit overly broad probing language that can dissuade health professionals from seeking treatment and reporting their conditions.

“The Board is very mindful of the perceived stigma of seeking treatment for medical conditions that can be safely and appropriately managed and is a normal part of people’s lives,” President Zaafran said. “Patients receive the best care and have better outcomes when those who are treating us are healthy and well themselves and we will continue to support the overall health and wellbeing of our state’s healthcare professionals.”

The Texas Physician Health Program serves as a non-punitive avenue for TMB licensees seeking treatment for potentially impairing physical and mental conditions to maintain appropriate oversight and keep their license in good standing.

If you as a health professional, or any that you know, may benefit from seeking assistance or have any questions, please reach out to TXPHP, which is a confidential program: <https://www.txphp.state.tx.us/>

There are also support programs for other health care professionals not licensed by the TMB:

- [Professional Recovery Network \(PRN\)](#)
- [Texas Peer Assistance Program for Nurses \(TPAPN\)](#)

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