
Physician Wellness Resources

▶ ONE-ON-ONE SUPPORT FOR PHYSICIANS

- **Ontario Medical Association (OMA) – 24/7 Confidential 1:1 Support**, including weekly group chat sessions, and wellness resources for physicians, residents and medical students and supportive services for their families as part of the Physician Health Program – confidential line **1-800-851-6606** or email php@oma.org | cma.ca/supportline/ontario
- **Canadian Psychological Association (CPA)** – Psychologists on the list will respond within 24 hours to requests from healthcare workers and provide services at no charge – cpa.ca/corona-virus/psychservices/#Ontario
- **PARO** – Professional Association of Residents of Ontario – **24-hour Helpline** available to residents, their partners and family members, as well as medical students – **1-866-HELP-DOC (1-866-435-7362)** – myparo.ca/helpline

▶ DROP-IN GROUP AND PEER SUPPORT

- **Dr. Mamta Gautam** – Canadian physicians are welcome to join Dr. Gautam’s free videoconference call every day at 4:00 p.m. EST for one hour. The virtual environment is being secured by Dr. Gautam, as she will confirm that all participants are physicians in advance through email verification – **Zoom Invitations via Twitter** – twitter.com/PEAKMD/status/1242066018979270657
- **ECHO Coping with COVID** – Ontario virtual educational sessions for healthcare providers and health professionals to share and learn about ways to build resilience and overall wellness through didactic lectures and case-based discussions – camh.echoontario.ca/echo-coping-with-covid
- **Pause for Providers** – Online 30-minute drop-in mindfulness sessions for healthcare providers facilitated by Ontario psychiatrists and psychologists – pause4providers.com

▶ GENERAL RESOURCES FOR PHYSICIAN WELLNESS AND RESILIENCE

- **Canadian Medical Association (CMA) Physician Wellness Hub** – Resources for physicians on mental health and coping and links to 24/7 crisis support – cma.ca/physician-wellness-hub
- **Ontario Medical Association (OMA) Physician Health Program** – Wellness resources for physicians, residents and medical students and supportive services for their families – php.oma.org

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▶ REGIONAL HOSPITALS PROVIDING CARE FOR HEALTHCARE WORKERS

(self-referral)

- **CAMH** – camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals
- **Ontario Shores: Centre for Mental Health Sciences** – ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist
- **The Royal: Mental Health Care & Research** – COVID Frontline Wellness – theroyal.ca/covid-frontline-wellness
- **St. Joseph's Healthcare (Hamilton)** – stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw
- **Waypoint Centre for Mental Health Care** – COVID Frontline Wellness – waypointcentre.ca/programs_and_services/c_o_v_i_d_frontline_wellness

▶ FACULTY OF MEDICINE WELLNESS OFFICES

(a variety of support and resources for physicians with academic affiliations)

- **Western University (Schulich)** – schulich.uwo.ca/facultyaffairs/faculty_equity_wellness/index.html
- **University of Ottawa** – med.uottawa.ca/professional-affairs/faculty-wellness-program
- **Northern Ontario School of Medicine (NOSM)** – nosm.ca/our-community/coronavirus-information-for-nosm-community/wellness-resources
- **University of Toronto** – medicine.utoronto.ca/wellness-resources-faculty
- **McMaster University** – macfacaaffairs.ca/home/well-being-resilience
- **Queen's University** – queensu.ca/humanresources/wellness-accessibility/mental-health