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

- **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

Access this list online and resources for your patients at: ontariofamilyphysicians.ca/mha
REGIONAL HOSPITALS PROVIDING CARE FOR HEALTHCARE WORKERS
(self-referral)

- 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
- 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 – macfacaffairs.ca/home/well-being-resilience
- Queen’s University – queensu.ca/humanresources/wellness-accessibility/mental-health

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