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## Physician Wellness Resources

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### ▶ 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](mailto:php@oma.org) | [cma.ca/supportline/ontario](https://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](https://myparo.ca/helpline)

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### ▶ 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](https://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](https://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](https://pause4providers.com)

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### ▶ 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](https://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](https://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](https://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](https://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](https://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](https://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/covid\\_frontline\\_wellness](https://waypointcentre.ca/programs_and_services/covid_frontline_wellness)

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### ▶ 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](https://schulich.uwo.ca/facultyaffairs/faculty_equity_wellness/index.html)
- **University of Ottawa** – [med.uottawa.ca/professional-affairs/faculty-wellness-program](https://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](https://nosm.ca/our-community/coronavirus-information-for-nosm-community/wellness-resources)
- **University of Toronto** – [medicine.utoronto.ca/wellness-resources-faculty](https://medicine.utoronto.ca/wellness-resources-faculty)
- **McMaster University** – [macfacaaffairs.ca/home/well-being-resilience](https://macfacaaffairs.ca/home/well-being-resilience)
- **Queen's University** – [queensu.ca/humanresources/wellness-accessibility/mental-health](https://queensu.ca/humanresources/wellness-accessibility/mental-health)