

COVID-19 AND PHYSICIAN WELLNESS RESOURCES AND SUPPORTS

FACULTY WELLNESS PROGRAM

Mental Health Supports (1:1 support for physicians)

- **uOttawa Faculty Wellness Program** – support and resources, appointments with Assistant-Dean, Faculty Wellness Program (Dr. Elizabeth Muggah) or clinical counsellor (Ms. Cynthia Abraham)
Contact Information: wellness@uottawa.ca | 613-562-5800 ext. 8507
- **uOttawa Student Affairs Office** – for Undergraduate medical students, access to counselling support and referrals (Dr. Kay- Anne Haykal, Assistant-Dean, Student Affairs)
Contact Information: medaca@uottawa.ca, 613-562-5800 ext. 8551
- **Ontario Medical Association Physician Health Program** – confidential support, services, referrals, Contact Information: 1-800-851-6606 | <http://php.oma.org/>
- **PARO Help Line (for residents only)** – 24/7 confidential support Contact Information: [Helpline 1-866-HELP-DOC – PARO](https://www.paro.ca/helpline)
- **Employee and Family Assistance Program** – counselling/supports
Morneau Shepell: 1.844.880.9142 | <https://www.morneaushepell.com/ca-en/your-efap>
Homewood: 1.800.663.1142 | <https://homewoodhealth.com/corporate/contact>
- **Peer support:** Set up a buddy system at work, this can be a key to monitoring your stress and building support and resilience. [Guide from the FWP.](#)
- **Ontario based therapists facilitating free mental health services for Ontario COVID-19 healthcare providers:**
<https://covid19therapists.com/>
- **Canadian Psychological Association: Psychologists Across Canada Come Together to Provide Mental Health Assistance to Front-line Workers During the COVID-19 Crisis**
<https://cpa.ca/press-release-psychologists-across-canada-come-together-to-provide-mental-health-assistance-to-front-line-workers-during-the-covid-19-crisis/>

Virtual Support - (Free)

- **A peer supervision group** by the OMA for anyone running peer support group for residents. The group is scheduled weekly on Tuesday nights. Feel free to join or invite anyone.

Topic: Resident Peer Support SV group

Apr 28, 2020 08:00 PM

May 5, 2020 08:00 PM

May 12, 2020 08:00 PM

Join Zoom Meeting

<https://zoom.us/j/442049233>

Meeting ID: 442 049 233

One tap mobile

+16699009128,,442049233# US (San Jose)

+12532158782,,442049233# US

🔍 **OMA Physician Health Program daily MD “drop-in”**: A virtual chat every weekday between 12-1. The sessions will be led by Dr. Kasra Khorasani, a psychiatrist at Mount Sinai Health Systems and St. Joseph’s Health Centre in Toronto, who is an expert in group therapy. [More info](#)

🔍 **Peer support sessions led by Dr Mamta Gautam**: Daily Zoom call with Dr. Gautam, an Ottawa psychiatrist who specializes in physician health, 4 pm EST. No commitment, drop in as often as you want for as long as you want. This is peer support, not psychiatric care. Email for further information mgautam@peakmd.ca

🔍 **Drop in 30 min MD Mindfulness Sessions**. Optional discussion to follow. Every Mon/Tues/Wed/Thurs at 8:00 p.m.

- **Monday** - 8:00-8:30 p.m. with Dr. Diane Meschino starting March 30th Email: Diane.Meschino@wchospital.ca for more information or simply join the Zoom session Join Zoom Meeting: <https://zoom.us/j/6132246869> Meeting ID: 613 224 6869
- **Tuesday** - 8:00-8:30 p.m. with Dr. Jennifer Hirsch starting March 24th Email: Jennifer.hirsch@sinahealth.ca for more information or simply join the Zoom session Join Zoom Meeting: <https://zoom.us/j/148527614> Meeting ID: 148 527 614
- **Wednesday** - 8:00-8:30 p.m. with Dr. Mary Elliott starting March 25th Email Mary.Elliott@uhn.ca for more information simply join the Zoom session Join Zoom Meeting: <https://zoom.us/j/9482159624> Meeting ID: 948 215 9624
- **Thursday** - 8:00-8:30 p.m. with Dr. Orit Zamir starting March 26th Email Orit.Zamir@sinahealth.ca for more information or simply join the Zoom session Join Zoom Meeting: <https://zoom.us/j/302330041> Meeting ID: 302 330 041

🔍 **Medical Student virtual drop-in Session**: The Student Affairs Office will be offering a weekly virtual group support session with Dr Kay-Anne Haykal and the SAO counsellors for all medical students. This is an optional drop-in session to discuss any general concerns during this pandemic with the SAO. Counselling and psychotherapy will not be provided during those sessions although students can continue to book their individual counselling sessions with the counsellors. The link to those sessions will be provided shortly on the SAO Facebook page as well as through the SAO student advisors and the Aesculapian society.

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Meditation and Yoga (free)

- [Headspace](#) COVID-19 “**Weathering the storm**” content includes meditations, sleep, & exercises.
- [10% Happier](#) : Meditations, blogs, podcasts provided free to healthcare providers. Email care@tenpercent.com for instructions.
- [Core Power Yoga](#)
- [Yoga with Adrienne](#)
- <https://www.downdogapp.com/> Free yoga for healthcare professionals until July 1

Articles and resources on physician wellness

- Centre for Addiction and Mental Health link for [Mental Health and Covid-19 for Professionals](#)
- Webinar from Canadian Society of Anesthetists recorded April 5th on Physician Wellness How to Maintain Your Well being During the COVID 19 Pandemic, with panelists: Dr Mamta Gautum, Ted Bober (OMA PHP), Dr Saroo Sharda, Dr Anita Chakravarti <https://www.youtube.com/watch?v=evZg5PPiFrM&feature=youtu.be>
- Emergency Medicine Ottawa focused blog for providers on [Managing stress and anxiety related to COVID-19.](#)
- Dr. Brent Wolfram, a family physician with military experience, now the postgraduate program director for family medicine at Queen's University provides advice to help cope with the current COVID-19 crisis situation [Crisis reflections from the front line.](#)
- The OMA Physician Health Program: [Keeping yourself healthy: Resilience and stress inoculation during COVID-19.](#)
- The Canadian Medical Association: resources for [Maintaining your and your family's well-being during a pandemic](#) and [How to talk to your kids about COVID-19: Considerations for health care providers.](#)
- The Canadian Society of Physician Leaders: several [articles and podcasts](#) about managing and leading in this time.
- International experts in disaster response, crisis psychology "Support the Workers": created a set of [evidence based briefing](#) notes as a part of a curriculum for frontline workers.
- World Health Organization: [Guide for mental health and psychosocial issues during COVID 19](#) including tips for supporting health care workers.
- US Centers for Disease Control: Guide on setting up a local ["Buddy System"](#) for peer support.
- The University of Washington Medical School: COVID 19 [website](#) with many resources and supports related to physician health and wellness.
- The American Psychiatric Association: [COVID-19 resources and webinars](#) on taking mental health and taking care of ourselves.

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