

## 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](mailto: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](mailto: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](tel:1-866-HELP-DOC)
- **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 CDC](#).

#### **Virtual Support - (Free)**

- **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](mailto: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 30<sup>th</sup> Email: [Diane.Meschino@wchospital.ca](mailto: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 24<sup>th</sup> Email: [Jennifer.hirsch@sinaihealth.ca](mailto:Jennifer.hirsch@sinaihealth.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 25<sup>th</sup> Email [Mary.Elliott@uhn.ca](mailto: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 26<sup>th</sup> Email [Orit.Zamir@sinaihealth.ca](mailto:Orit.Zamir@sinaihealth.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.

- **Resident Drop-in sessions:** A Zoom meeting for resident doctors across Canada hosted by Western University in collaboration with the Ontario Medical Association Section on Psychiatry and the Ontario Psychiatric Association to provide peer support and discuss coping amidst the COVID-19 crisis has been established. This group meeting is not intended to provide counselling. The group will be co-facilitated by psychiatrists Drs. Javeed Sukhera and Maryna Mammoliti. Three sessions have been planned [from 9:00 – 10:00 pm on March 25, April 1](#) and [April 8](#).  
**Contact Information:** [jsukhera@uwo.ca](mailto:jsukhera@uwo.ca) for additional details.

### **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](mailto:care@tenpercent.com) for instructions.
- [Core Power Yoga](#)
- [Yoga with Adrienne](#)

### **Articles and resources on physician wellness**

- 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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