Introducing - Buddy System Idea

These are challenging times and it is hard to connect regularly with each other even at the best of times. Other centres have established a “Buddy Up” system that seems like a helpful way to make sure we are collectively looking out for each other. The process is described below. We feel like establishing Buddy Pairs or Groups is best if it happens organically, so we encourage people to just go ahead and start the process.

1. Pairs, trios or groups are asked to formally identify themselves as a “buddy system.”
2. Establish the platform you are going to use to make daily contact with each other, text, What’s app, email, phone.
3. Check-in each day—maybe make it a habit first thing in the morning when you pick up your phone or at the end of the day putting it away, to check in with your buddy. Teams and departments are sked to ensure everyone has a buddy.
4. Asking each other questions such as:
   a. Some may want to use emoji check-ins something like: two thumbs up, one thumb up/one down or two thumbs down—if you are not 2 thumbs up and for sure if there are two thumbs down ---please make sure you reach out to your buddy to “talk”. Remember the bubbly system is to make sure no one drowns. It can sometimes be difficult to know where to start. https://www.ruok.org.au/how-to-ask (1 min video) provides a good template to start those conversations.
   b. Other suggested questions:
      i. How you are managing? What are you doing to cope? What is the level of stress? What are the challenges at work or at home?
      ii. Are you sleeping, eating, taking time to relax and recharge? Exercise.
      iii. Are you feeling emotion distressed? Depressed or anxious?
      iv. Share coping tips, resources.
5. Remember that resources are available through a number of venues for those who need more assistance (see below) In addition, Schulich and LHSC are working on establishing enhanced local resources to support physicians and trainees and I will share details as they become available

Let’s look out for each other

London

Learner Equity & Wellness Office (519) 661-4234
Western’s Psychological Services and Western’s Student Health Services (519) 661-3030

The Good 2 Talk Helpline (good2talk.ca) 1-866-925-5454

For learners in London hospital settings-- LHSC Spiritual Care – (519) 685-8500 extension 58418 (available on site and 24-7 by pager)

Reach Out (crisis response service) 519 433-2023 or https://reachout247.ca/

CMHA Mental Health and Addictions Crisis Centre open 24/7 at 648 Huron St. (519) 434-9191

Windsor

Learner Equity & Wellness Office (519) 253-3000 extension 4312

University of Windsor Student Counselling Centre 519 253-3000

My SSP 24/7 counselling service 1-844-451-9700 or the app MYSSP

University of Windsor Health Services (519) 973-7002

The Good 2 Talk Helpline (good2talk.ca) 1-866-925-5454

Community Crisis Centre (519) 973-4435