ONCOLOGY GRAND ROUNDS
Wellness Initiative
Tuesday, March 9, 2021

12:00pm to 1:00pm Via Webex Events
London Regional Cancer Program

"Maintaining Our Mental Health during COVID."

Chandlee C. Dickey, MD. FRCPC. Professor and Chair/Chief, Dept. of Psychiatry, Schulich School of Medicine & Dentistry
Ruth Lanius, MD. PhD. FRCPC. Professor, Harris-Woodman Chair, Dept. of Psychiatry, Schulich School of Medicine & Dentistry
Don Richardson, MD. FRCPC. Scientific Director, MacDonald Franklin OSI Research Centre. Associate Professor, Dept. of Psychiatry, Schulich School of Medicine & Dentistry.

Objectives:

- Describe national data on the impact of COVID on Canadians’ mental health
- Describe what moral injury is and how it impacts the brain
- Describe the continuum between distress and disease
- Take steps to safeguard one’s own mental health

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