

Support and Counselling Resources for Residents

Help is only a phone call away. If you need to talk to someone, the following options are CONFIDENTIAL.

- **The PARO 24 Hour Helpline** is available for any resident, partner or medical student needing help. It is separately administered by the Distress Centre of Toronto and is totally confidential.
Phone: 1.866.435.7362 (1-866-HELP-DOC)
- **OMA's Physician Health Program:** provides assessment and referral to services locally through their network of care providers. Online: <http://php.oma.org/>
- **LHSC Employee Assistance Program:** Homewood Human Solutions www.homewoodhumansolutions.com 1.800.265.8310
- **Learner Equity & Wellness Office** at Schulich School of Medicine & Dentistry focuses on the physical, psychological and professional safety of learners (as well as supporting academic wellness and providing career guidance):
 - Dr. Margaretha Rebel, Associate Dean, Learner Equity and Wellness, Schulich School of Medicine & Dentistry is available to discuss any issues or concerns related to equity/intimidation/professionalism and/or gender issues. Dr. Rebel can be reached at Maggie.Rebel@lhsc.on.ca
 - Dr. Donald Farquhar, Assistant Dean, Learner Equity and Wellness, Postgraduate Wellness: 519.661.4234
 - Ms. Pam Bere, Manager/Counsellor, Learner Equity and Wellness: 519.661.2111 x 86250 or by email at pamela.bere@schulich.uwo.ca
 - To report an issue: https://www.schulich.uwo.ca/learner-equity-wellness/equity_professionalism/reporting/residents_fellows.html
- **Postgraduate Medical Education Office:**
519.661.2019, postgraduate.medicine@schulich.uwo.ca
- **The Western University Ombudsperson:** 519.661.3573, ombuds@uwo.ca

Mental Health Crisis

If you or someone you care about is experiencing a mental health crisis, please contact 911 or visit your closest Emergency Department.

Additional resources are available to you here:

Reach Out Line: <http://reachout247.ca>

519-433-2023

Hours: 24/7

CHMA Walk In Crisis Centre:

<http://www.mentalhealthhelpline.ca/Directory/Program/19516>

648 Huron Street, London, ON

A crisis may be signalled by any of the following:

- Self-injurious behaviour
- Suicidal thoughts
- Thoughts about harming another person
- Recent traumatic event or sexual assault
- Perceptual disturbances, hearing voices, increased suspiciousness