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/](http://php.oma.org/)

- **LHSC Employee Assistance Program**: Homewood Human Solutions [www.homewoodhumansolutions.com](http://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](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](mailto:postgraduate.medicine@schulich.uwo.ca)

- **The Western University Ombudsperson**: 519.661.3573, [ombuds@uwo.ca](mailto: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:

519-433-2023
Hours: 24/7

CHMA Walk In Crisis Centre:
[http://www.mentalhealthhelpline.ca/Directory/Program/19516](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