



## QUICK GUIDE: RESOURCES FOR PHYSICIANS

MARCH 23 2020

The health and well-being of our physicians is of great importance. Wellness experts from across the Toronto region are currently collaborating on a comprehensive resource package that will be shared in the coming days. In the interim, this quick guide highlights several resources to support physicians during this uncertain time, should they wish.

**Employee Assistance Program (EAP):** Several local hospitals are now providing EAP to physicians. Please connect with your local EAP Services for more information.

### Physician Health Program (PHP)

1.800.851.6606

<http://php.oma.org/what-we-do/>

The Physician Health Program, through the OMA, offers confidential support for trainees and practicing physicians through live counselors available between 9am and 5pm.

### OMA-MD Chat Sessions

<https://zoom.us/j/595378840?pwd=NGx4N0lvZ1dHWDhyZGhOTTJZWUt1UT09>

**Meeting ID:** 595 378 840

**Password:** 067104

+14388097799,,595378840# Canada

+15873281099,,595378840# Canada

Please feel free to drop in virtually for noon sessions offered for one-hour daily Monday-Friday.

All are welcome.

At times such as this we tend to forget about ourselves and focus on all the things we have to do for others. The hope by just chatting and sharing information we may do ourselves a bit of good.

This will occur via zoom and is meant to be a safe space to talk about how we are managing (details at the end of this message).

Session Facilitator: Dr. Kasra Khorasani (a staff psychiatrist at U of T with over 20 years of experience working with residents at our group day and expert in group therapy amongst other things!) has generously set up an online support group for physicians in Ontario.

Dial by your location

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada



**Toronto Distress Centres**

416.408.4357 (HELP) or Text: 45645

24-hour confidential emotional support and crisis intervention 7 days a week to individuals in our community at risk

**Gerstein Centre**

416-929-5200

24-hour confidential emotional support and crisis intervention for adults in Toronto

**CAMH COVID-19 Pandemic Informational Site**

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

**Dr John Hunter and Robert Maunder: Three steps to coping with anything (including COVID-19)**

<https://www.youtube.com/watch?v=Rkz7vJOZ2HU>