

Ontario Medical Students Association (OMSA) Mental Health Resources

From your Education Committee Mental Health Working Group:

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1. Emergency Services:

For all threats to life, and for physical/personal injury, call 911.

2. Shepell.fgi Student Assistance Program:

Students and their dependent family members (e.g. spouse; dependent children) can access Shepell's bilingual short-term professional assessment, counselling, consultation, resource referral, and case-management program by calling:

1-800-387-4765 (for service in English)

1-800-361-5676 (for service in French)

24/7 via the website: Shepell Workhealthlife

You can confidentially register with the site (top right-hand corner).

You will be provided with full access to face-to-face, telephonic, and e-counselling, as well as resource kits and online services available 24 hours a day, seven days a week.

With your first connection, they look for the best modality for you to connect, find the first available counsellor, and set the date, place, and time for the first appointment. After that, the learner and counsellor arrange follow-up meetings.

3. Physician Health Program (PHP):

Confidential Toll-Free line: 1-800-851-6606 (in-province)

Available 8:00 a.m. – 5:00 p.m. weekdays

The Physician Health Program is offered by the Ontario Medical Association (OMA). It provides a range of direct services to physicians, residents, students, and their families, for problems such as stress, burnout, work-related conflict, emotional, marital, and family problems, substance use disorders, and psychiatric illness.

PHP provides prompt advice and support to medical students and residents who feel troubled or at risk, their families, and concerned colleagues. This includes preliminary assessment; intervention coordination; referral for counselling and clinical services; and monitoring, case management, and advocacy for substance use disorders and psychiatric disorders.

The PHP clinical staff can refer clients to third-party clinical resources for assessment and/or treatment to assist them with problems related to stress, burnout, marital and family issues, conduct or behavioural problems, sexual and boundary issues, gambling, mental health, substance use disorders, and substance dependence.

4. The Professional Association of Residents of Ontario:

PARO Helpline - 24-hour Toll-free Confidential Helpline:

1-866-HELP-DOC (1-866-435-7362)

Accessible anywhere in Ontario, 24 hours a day, seven days a week.

The PARO Helpline is available to medical students as well as residents.

When you call the toll-free number, you will be directly connected to a Helpline volunteer. These volunteers have had extensive training in acute crisis intervention, depression, anxiety, and many other conditions. They have also received special training relating specifically to residents, including information about the hours of work, working conditions, and common stressors.

In addition to providing immediate assistance in an emergency or urgent matter, the Helpline will provide referrals for such issues as but not limited to:

- Stress management

- Eating disorders
- Sexual, emotional, or physical abuse
- Anxiety
- Depression
- Anger management
- Gender issues
- Intimidation or harassment
- Substance use disorders
- Career or work-related crisis
- Relationship counselling
- Sexual issues

5. Good2Talk – Ontario's Postsecondary Student Helpline:

Good2Talk is a free, completely confidential, and anonymous service that offers you professional counselling, mental health information, and connections to local resources. 24 hrs a day / 365 days a year in both English and French.

6. Mental Health Helpline:

1-866-531-2600

24/7 Free health services and supports in your community and across Ontario.

The site also has Webchat ability with a Mental Health Helpline Information and Referral Specialist (they are not a crisis line but can provide a local crisis number).

7. Canadian Mental Health Association

Location and contact information for offices across Ontario:

Find CMHA Local Office

8. Other Contacts

Assaulted Women's Helpline – 1-866-863-0511

Victim Support Line, Ministry of the Attorney General – 1-888-579-2888

National Eating Disorder Information Centre 1-866-633-4220

Crisis Pregnancy HotLine – 1-800-665-0570

Ontario AIDS HotLine – 1-800-668-2437

Lawyer Referral Service (LRS) 1-800-268-8326

211-Ontario Health Care (including medical & counselling Walk-In Clinics)

9. Web-Based Self-Serve Wellness Resources:

ephysicianhealth – Online physician health and wellness resource which is designed to help medical students, residents and physicians to be resilient in their professional and personal lives. The website is designed to help with personal health issues such as resilience, fitness, substance use disorders, relationships, depression, disruptive behaviour and more.

10. Information regarding medical student / physician suicide:

1. A toolkit of podcasts and videos can be found here for your exploration.
2. There is a TedxTalk on this tough subject by Dr. Ed Ellison called "Doctors in Distress: Saving the lives of those who save lives."
3. There is also a podcast on physician suicide delivered by international experts Dr Michael Myers and Carla Fine that covers this topic courageously and honestly.
4. Articles of interest:
 - o Helping Residents cope with a patient suicide
 - o Resources for suicide loss survivors
 - o Why physicians die by suicide

11. Real Campus: <https://realcampus.ca/wp-content/uploads/2018/08/Real-Campus-FAQ.pdf>

Ask to see if your institution has its services. You will have access to the same menu of services as you do through a traditional Student Assistant Programs (SAP) provider. We are offering both 30 and 60-minute therapy sessions, speciality counselling (legal, academic, career, nutrition, etc.), and, depending on your plan, virtual physician visits. Both the therapists and counsellors will be available virtually or in-person.