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## Resident Wellbeing Committee Resource List

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### Finding a physician in Edmonton:

The Alberta Medical Association Physician and Family Support Program (1-877-767-4637) keeps a list of family physicians willing to treat residents and their immediate family members.

University Health Centre (780-492-2612, <http://uofa.ualberta.ca/services/health-centre>) is in the Students' Union Building on the University of Alberta campus, close to the University Hospital. To access the health services offered at UWS, postgraduate learners must 'opt-in' by paying a small special registration fee with the University of Alberta. Information can be found at <http://www.registrarsoffice.ualberta.ca/en/Special-Registrations/Postgraduate-MedicalDental-Education-Students.aspx>

### Resources specific to residents and their families:

The Office of Learner Advocacy and Wellness (LAW) (780-492-3092, [www.law.med.ualberta.ca](http://www.law.med.ualberta.ca), 1-134 Katz) looks after issues pertaining to learner health, wellbeing and advocacy. It is a safe and confidential place for a learner to receive support, counseling and/or referral for both academic and personal matters. The LAW Office will help arrange accommodation for special circumstances such as physical disability, social situation or mental health issues, and will assist with academic appeals.

The Alberta Medical Association Physician and Family Support Program (1-877-767-4637) is a confidential service that provides assistance to residents and immediate family members. There is no link to the College of Physicians and Surgeons of Alberta or to your residency training program. This service is available 24 hours a day and is for any personal problems that affect home or work life, including marital or family problems, alcohol or drug use, depression, anxiety, stress, legal or financial issues, career or work-related concerns.

Professional Association of Resident Physicians of Alberta (780-432-1749, 1-877-375-7272, [www.para-ab.ca](http://www.para-ab.ca)) is your Professional Association who advocates on your behalf in many areas and is available to answer your questions on issues such as on-call, benefits, vacation, maternity leave, and other leaves.

Alberta Health Services Employee Assistance Program (780-491-0027 or 1-800-268-5211) is a confidential and free service. Only broad demographic information is released to Alberta Health Services and no information goes back to your program. It's for residents and immediate family members.

The Resident Wellbeing Committee has both resident and faculty representatives. This is a proactive committee which examines the professional and personal issues that impact resident wellbeing. Funding is available for resident planned wellbeing events. The chairs are also available to provide help or access to consultation for residents and their families. Co-Chairs for the committee are Dr. Erica Dance ([erdance@ualberta.ca](mailto:erdance@ualberta.ca)) and Dr. Kathryn Dong ([kathryni@ualberta.ca](mailto:kathryni@ualberta.ca)).

## **Resources offered to all University of Alberta students (including residents):**

The University' Counselling and Clinical Services (780-492-5205, <http://uofa.ualberta.ca/current-students/counselling>) is located in the Students' Union Building. Their aim is to provide accessible and compassionate psychological and psychiatric services to University of Alberta Students. Initial assessments are taken by walk-in, on a first-come first served basis. Check out the website for dates, times and more information. Please see notes under University Health Centre above regarding special registration to access this service.

The University's Student Success Center (780-492-2682) has the primary goal of enhancing students' learning, writing and communication skills. They also help with exam writing, oral testing, and time management skills. They offer in-person workshops and seminars, online workshops and one-on-one sessions. They have experience with residents and can develop specific seminars for individual residents or groups of residents. Please note there is a relatively small fee associated with these sessions, check with your department to see if they can cover the cost. Access the website through [www.studentsuccess.ualberta.ca](http://www.studentsuccess.ualberta.ca) or contact us by email [success@ualberta.ca](mailto:success@ualberta.ca).

Student Connect - Student Financial Support Services (780-492-3113, Administration Building) can provide learners independent, unbiased answers to general financial questions and can specifically help with issues about student loans and lines of credit. Please also refer to the "Frequently Asked Questions and Financial Tips for Residents and Fellows" available from the LAW Office and the LAW website. To contact, use this form: [www.registrar.ualberta.ca/ask-student-connect/index.php?id=contact-us](http://www.registrar.ualberta.ca/ask-student-connect/index.php?id=contact-us)

Specialized Support and Disability Services (780-492-3381, TTY 780-492-7269) serve learners whose disabilities involve conditions affecting mobility, vision, hearing, learning and physical or mental health. You can email [ssdsrec@ualberta.ca](mailto:ssdsrec@ualberta.ca) or access the website at [www.ssd.ualberta.ca](http://www.ssd.ualberta.ca).

The Office of Safe Disclosure and Human Rights (780-492-7325) is available to all University of Alberta students and staff wishing to report any concerns about how the University policies, procedures or ethical standards are being applied. They are located at 312 Campus Tower (the building with Earls Restaurant) but are willing to meet residents at other sites/locations if it is more convenient for the resident. They can also be reached by email [osdhr@ualberta.ca](mailto:osdhr@ualberta.ca) or online at [www.osdhr.ualberta.ca](http://www.osdhr.ualberta.ca)

The Institute for Sexual Minority Studies and Services: Safe Spaces Initiative (780-492-6744, [safespaces@ualberta.ca](mailto:safespaces@ualberta.ca), [www.ismss.ualberta.ca/safespaces.htm](http://www.ismss.ualberta.ca/safespaces.htm)) is a student service built on the premise that the University of Alberta campus is a safe place for sexual and gender minority students. They offer support, information and an opportunity to share your voice and stay connected.

### **On line resources:**

ePhysicianHealth.com is the world's first comprehensive, online physician health and wellness resource designed to help physicians and physicians in training be resilient in their professional and personal lives. Check out [www.ephysicianhealth.com](http://www.ephysicianhealth.com) anytime from any computer at home or work for more information.

The University's Virtual Wellness Site ([www.virtualwellness.ualberta.ca](http://www.virtualwellness.ualberta.ca)) is advertised as being a "one stop shop for all members of the campus community interested in health and wellness". From this site you can link to many other sites for information and resources.