

Resident Wellbeing Committee Resource List

Finding a physician in Edmonton:

The Alberta Medical Association Physician and Family Support Program (PFSP) 1-877-767-4637

<https://www.albertadoctors.org/services/pfsp> keeps a list of family physicians willing to treat residents and their immediate family members

University Health Centre 780-492-2612, <https://www.ualberta.ca/services/health-centre> is in the Students' Union Building. Postgraduate learners must 'opt-in' by paying a small special registration fee. Information for this can be found at <https://www.ualberta.ca/registrar/registration-and-courses/special-registrations/postgraduate-medical-dental-education-students>.

Resources specific to residents and their families:

The Office of Advocacy and Wellbeing (OAW) 780-492-3150, <https://www.ualberta.ca/medicine/resources/faculty-and-staff/support-wellness/index.html>, 1-134 Katz looks after issues pertaining to learner health, wellbeing and advocacy. It is a safe and confidential place to receive support for both academic and personal matters. We will help arrange accommodation for special circumstances such as disability, social situation, or health issues, and will assist with academic processes. Contact the office or email Dr. Bina Nair, Assistant Dean Resident & Fellow Affairs (bnair@ualberta.ca). Check out our website for other resources under Postgraduate > Resources.

The Alberta Medical Association Physician and Family Support Program (PFSP) 1-877-767-4637, <https://www.albertadoctors.org/services/pfsp> is a confidential service that assists residents and their immediate family members. There is no link to the College of Physicians and Surgeons of Alberta (CPSA) or to your residency training program. This service is available 24 hours a day/7 days a week and is for any personal problems that affect home or work life, including marital or family problems, alcohol or substance 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 is your Professional Association who advocates on your behalf and is available to answer your questions on issues such as on-call, benefits, vacation, maternity and other leaves.

The Office of Professionalism, and the Professionalism Button 780-248-1775, fomdprof@ualberta.ca, <https://www.ualberta.ca/medicine/resources/faculty-and-staff/professionalism/index.html> provides advice for difficult conversations or in navigating the system when addressing professionalism lapses. When you officially disclose a concern to them, a Professionalism Triage Officer will contact you within 72 hours to begin the process. You lead the process, and nothing happens without your consent. They will also let you know of the outcome.

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 is for residents and immediate family members.

The Resident Wellbeing Committee (<https://www.ualberta.ca/medicine/resources/faculty-and-staff/support-wellness/postgraduate/committee>) is a proactive committee, which examines the professional and personal issues

affecting resident wellbeing. Funding is available for resident-planned wellbeing events. Chair for the committee is Dr. Bina Nair Assistant Dean Resident & Fellow Affairs bnair@ualberta.ca

The Canadian Medical Protective Association 1-800-267-6522, <https://www.cmpa-acpm.ca> is a mutual defense association offering advice and assistance when medical-legal issues arise from your work as a resident physician. Their website has a wealth of information on topics including physician wellness [CMPA - Physician wellness \(cmpa-acpm.ca\)](https://www.cmpa-acpm.ca) and a Good Practices Guide [CMPA - CMPA Good practices \(cmpa-acpm.ca\)](https://www.cmpa-acpm.ca)

Canadian Association of Physicians with Disabilities <https://www.capd.ca/> provides networking and support for physicians with disabilities

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

Counselling & Clinical Services 780-492-5205, <https://www.ualberta.ca/current-students/counselling> is located in the Students' Union Building. Initial assessments are by walk-in, first-come first served. Check out the website for dates, times, and more information. Please see notes under University Health Centre above regarding special registration/access to this service

Academic Success Center 780-492-2682, <https://www.ualberta.ca/current-students/academic-success-centre>, success@ualberta.ca has the primary goal of enhancing students' learning, writing and communication skills. They also help with exam writing, oral testing, time management skills, and have experience with residents. Be sure to mention you are a resident physician when you contact them. Please note there may be a small fee associated with these sessions

The Academic Success Center also provides accessibility resources. They will assist learners whose disabilities involve conditions affecting mobility, vision, hearing, learning and physical or mental health <https://www.ualberta.ca/current-students/accessibility-resources>

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. To contact, use this form: www.registrar.ualberta.ca/ask-student-connect/index.php?id=contact-us Also refer to the "Frequently Asked Questions and Financial Tips for Residents and Fellows" available from the Office of Advocacy and Wellbeing (OAW) website

The Office of the Student Ombuds 780-492-4689, <https://www.ualberta.ca/current-students/ombuds> is a confidential service that strives to ensure that university processes related to students operate as fairly as possible. This office offers information, advice, and support to students, faculty, and staff as they deal with academic, discipline, interpersonal, and financial issues related to student programs.

The Office of Safe Disclosure and Human Rights 780-492-7325, <https://www.ualberta.ca/provost/portfolio/office-of-safe-disclosure-human-rights.html> 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.

The Institute for Sexual Minority Studies and Services: Safe Spaces Initiative 780-492-6744, <https://www.ualberta.ca/ismss/index.html> is a student service built on the premise that the University of Alberta campus is a safe place for sexual and gender minority students.

Other online resources:

The University's Health and Wellness Support for Students: <https://www.ualberta.ca/current-students/wellness/index.html>

The University's Virtual Wellness Site: <https://www.ualberta.ca/campus-community-recreation/our-programs/rec-guide/2021/winter/virtual-services.html>