



Anesthesiology & Pain Medicine UNIVERSITY OF TORONTO

Our #1 Job is Keeping Team Members and Ourselves Well



Many of you are seeking high-quality information to support wellness during this stressful time. **Dr. Julie Maggi, Faculty of Medicine COVID-19 Wellness Officer**, has developed an excellent collection of resources. The attached list offers everything from a link to self-referral for healthcare workers, to mindfulness workshops, and a grocery service supported by medical students.

Importantly, staff working in intensive care and emergency room settings throughout the Toronto Academic Health Sciences Network (TAHSN) hospitals can contact [Dr. Jon Hunter](#), a staff psychiatrist at Sinai Health System. He or his delegate will do a short phone triage and then direct them to care, which will range from 1:1 contact with a psychiatrist or to wellness options. This is available to MDs, RNs, RT's and others. Please share this resource with other professional colleagues working in these environments. A self-referral for all healthcare providers is available at <https://www.camh.ca/en/your-care/access-camh>.

Dr. Maggi's list includes about 20 articles, which you may find helpful at various times during the pandemic. She wanted to highlight the following three resources:

1. The psychological needs of healthcare staff as a result of the Coronavirus pandemic.
<https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf>
2. Managing Mental Health challenges faced by healthcare workers during COVID-19 pandemic
<https://www.bmj.com/content/368/bmj.m1211>
3. The Buddy System
<https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf>

The same resource list in the attachment can be found on the [department website](#).

Thank you for sending those virtual hugs and making sure team members are “feeling the love” during this stressful time.

Please stay informed, stay calm and stay safe.

Best wishes,

Bev

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