

Resources for MD Wellness

Individual supports/assistance in navigating the supports

1. [CAMH – ACCESS CAMH](#)

A self-referral form for all healthcare providers is being developed. This will allow healthcare providers to connect with CAMH services, supports and also assist them in navigating what supports they need.

CAMH will also house a website where we will send all the support programs we learn about so people can self-navigate if they want.

2. Staff working in intensive care and emergency room settings throughout the 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 to wellness options. This is available to MDs, RNs, RT's, etc.

3. OMA Physician Health Program

For confidential support call 1-800-851-6606

Monday to Friday, 8:45am – 5:00 PM

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

4. Ontario COVID-19 Mental Health Network – Free mental health services for Ontario COVID-19 healthcare providers.

<https://covid19therapists.com>

5. Check your local hospital for access to Employee Assistance Programs – some hospitals have this for physicians, but not all do.

6. Postgraduate Wellness Office: support for residents and clinical fellows.

Email: pgwellness@utoronto.ca

Phone: 416-946-3074

Distress numbers

1. **Toronto Distress Centres**

416-408-4357 or 408-HELP or text: 45645

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

2. **Gerstein Centre**

416-929-5200

3. PARO Helpline (for residents and clinical fellows):

Toll-free number: 1-866-HELP-DOC (1-866-435-7362),

This is accessible anywhere in Ontario, 24 hours a day, 7 days a week. In order to provide this service, PARO has partnered with Distress Centres of Toronto.

4. Assaulted Women's Helpline:

- GTA: 416-863-0511
- GTA TTY: 416-364-8762
- TOLL-FREE: 1-866-863-0511
- TOLL FREE TTY: 1-866-863-7868
- #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
- <http://www.awhl.org>

Chat groups

1. MD Lead virtual chats, hosted by Dr. Kasra Khorasani and sponsored by the OMA. This is not psychotherapy.

Starting March 23, the Physician Health Program invites you to drop in virtually between noon and 1 p.m. each weekday to support one another during the COVID-19 pandemic. The sessions will be led by Dr. Kasra Khorasani, a psychiatrist at Mount Sinai Health Systems and St. Joseph's Health Centre in Toronto, who is an expert in group therapy.

Stay for one minute or as long as you can, and come back as many times as you like. Everyone is welcome. The chats are meant to be a safe space where we can talk about how we are managing.

Join Zoom Meeting Daily from 12:00-1:00

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

Meeting ID: 595 378 840

Password: 067104

One tap mobile

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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

Meeting ID: 595 378 840

Find your local number: <https://zoom.us/j/abc146nTUr>

2. OMA-MD Resident Chat Sessions – free facilitated sessions to support each other during COVID19

Please feel free to drop in virtually 2-3 pm four times/week Monday, Tuesdays, Thursdays and Friday.

Stay for a minute or as long as is possible for you and come back as many times as you like. These sessions will be ongoing as long as needed.

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).

Look forward to chatting with you starting **Monday March 30th, 2-3 pm.**

Session Facilitator:

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

Topic: Chat group Ontario Medical Residents

Time: Mon, Tues, Thur, Fri 02:00-3:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/977590776>

Meeting ID: 977 590 776

3. Ontario Psychiatric Resident Chat Sessions – free facilitated sessions to support each other during COVID19

Please feel free to drop in virtually 5-6 pm daily Monday to Friday.

Stay for a minute or as long as is possible for you and come back as many times as you like. These sessions will be ongoing as long as needed.

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).

Look forward to chatting with you starting **Monday March 30th, 5-6 pm.**

Session Facilitator:

Dr. Kasra Khorasani (a staff psychiatrist at U of T with over 20 years of experience working with residents in group therapy amongst other things!)

Topic: Drop in group for Ontario Psych residents

Time: This is a recurring meeting Monday to Friday 5-6 pm

Join Zoom Meeting

<https://zoom.us/j/512209227?pwd=RUIWSTdIS3ZmQ1JSbmZadXc1SStlQT09>

Meeting ID: 512 209 227

Password: 055737

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Dial by your location

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

Meeting ID: 512 209 227

Find your local number: <https://zoom.us/j/512209227>

4. Facebook group – COVID 19 Women Physician Emotional Wellbeing

<https://www.facebook.com/groups/235295047624227/>

Echo education/support groups

ECHO Ontario Coping with COVID is a virtual education and capacity building program that aims to build a community of practice, promote resilience, provide skills and resources, and support overall mental wellbeing amongst hospital-based health care providers currently supporting the COVID pandemic.

1. ECHO Ontario Coping with COVID for residents

Wednesdays 2:00pm - 3:00pm Fridays 12:30pm -1:30pm

Starting: Friday, March 27, 2020

Apply here: <https://edc.camhx.ca/redcap/surveys/?s=KXNTKXKFX>

2. ECHO Ontario Coping with COVID For healthcare providers

Wednesdays 12:30pm -1:30pm Fridays 2:00pm -3:00pm , Starting: Friday, March 27, 2020

Apply here: <https://edc.camhx.ca/redcap/surveys/?s=KXNTKXKFX>

Mindfulness

1. 30 minute physician mindfulness sessions – M/T/W/Th at 8pm-8:30pm. Offered via Zoom. See link for details. No OHIP required. This is not treatment.

https://www.deptmedicine.utoronto.ca/sites/default/files/physician_mindfulness_brochure_.pdf

Supporting Children/Childcare

1. City of Toronto childcare for essential workers

<https://www.toronto.ca/home/covid-19/covid-19-social-support/>

2. Care.com (<https://www.care.com/en-ca/>), is a matching service for people looking for childcare, pet care, and senior care. Providers can create profiles and families search profiles to identify potential providers. Premium membership fees are waived for healthcare workers, seniors, and caregivers for seniors until April 30.

3. -Helping children cope with stress during the 2019-nCoV outbreak

<https://adaa.org/sites/default/files/WHO%20Helping%20Children%20Cope%20with%20Coronavirus%20Stress%20PDF.pdf>

4. Finding the right words to talk to children and teens re COVID

https://mcusercontent.com/6663ba5d4546ea9ffe21eea47/files/11322a29-0079-47aa-9019-8e9ecd83647a/CSTS_FS_Finding_Right_Words_Talk_Children_Teens_Coronavirus.pdf

5. Coronavirus – how to talk to your child

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Support for groceries, etc while in isolation

1. U of T MD Program support by medical students

Healthcare providers in the GTA can submit the form below to request support for getting groceries, prescription pick up, coffee runs to the hospital, food delivery to the hospital.

https://docs.google.com/forms/d/1AM3QGME29z5HBXnGzKxjETyNe-c37uCywPR0oLmL-ac/viewform?edit_requested=true

Information/Articles

-CAMH website re COVID 19 and mental health

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

-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>

-Keeping yourself healthy: Resilience and Stress inoculation during COVID-19

<http://php.oma.org/keeping-yourself-healthy-resilience-and-stress-inoculation-during-covid-19/>

-3 steps to coping with anything including COVID – video by Drs. Jon Hunter and Bob Maunder, Sinai Health System

<https://www.youtube.com/watch?v=Rkz7vJOZ2HU&feature=youtu.be>

-Managing Mental Health challenges faced by healthcare workers during COVID-19 pandemic

<https://www.bmj.com/content/368/bmj.m1211>

-WHO Mental Health Considerations During COVID

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8

-Anxiety and Depression Association of Canada

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?zs=3FEBb&zl=xVu12&fbclid=IwAR0-GX9vR2S5SdxAMXXNEK1nIUd6du32M62-VTkqFqJ-hFLZx1aDVVeee4M>

-Better sleep for healthcare workers

https://mcusercontent.com/6663ba5d4546ea9ffe21eea47/files/0824deb8-4df6-47dd-ba00-d6a2c721959d/CSTS_FS_Fight_COVID19_w_Better_Sleep_Health.pdf

-National Centre for PTSD. “Managing Healthcare Worker Provider Stress Associated with COVID 19 Virus Outbreak”

<https://adaa.org/sites/default/files/National%20Center%20for%20PTSD%20COVID19%20Managing%20HCW%20Stress%2003052020.pdf>

- National Centre for PTSD. “For Providers and Community Leaders: Helping People Manage Stress Associated with the COVID-19 Virus Outbreak”

<https://adaa.org/sites/default/files/National%20Center%20for%20PTSD%20COVID19%20Providers%2003062020.pdf>

- National Centre for PTSD. “Managing Healthcare Workers’ Stress Associated with COVID -19 Virus Outbreak”

<https://adaa.org/sites/default/files/National%20Center%20for%20PTSD%20COVID19%20Managing%20HCW%20Stress%2003052020.pdf>

- National Centre for PTSD. “Managing Stress Associated with COVID -19 Virus Outbreak”

<https://adaa.org/sites/default/files/National%20Center%20for%20PTSD%20COVID19%20Managing%20Stress%2003062020.pdf>

- SARS Control and Psychological Effects of Quarantine, Toronto, Canada

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3323345/>

-The Discomfort you’re feeling is grief

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_medium=social&utm_source=twitter&utm_campaign=hbr

-“Health Anxiety – What is it and how can You Overcome it?”

<https://adaa.org/webinar/consumer/health-anxiety-what-it-and-how-you-can-overcome-it>

-Crowd Sourced resources re coping with COVID 19

https://docs.google.com/spreadsheets/d/13F2BYJg85qOH5Q3fgphYh7_QgOAGGObhBYa6KwjfyhA/edit#gid=0

-The Buddy System

<https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf>

- COVID-19 in Wuhan: Immediate Psychological Impact on 5062 Health Workers

<https://www.medrxiv.org/content/10.1101/2020.02.20.20025338v2>

- Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2763229>