

Residents:

Dear Cumming School of Medicine residents,

We are excited to announce that the CSM is hiring a psychologist dedicated to assist all CSM learners and residents.

Information regarding the new psychologist, including appointment availability will be emailed to all students and trainees once the hiring process is complete. Appointments for this psychologist can be made by emailing Jo Holm in the Student Advising and Wellness (SAW) Office at jholm@ucalgary.ca

Additional wellness resources include:

Office of Resident Affairs and Physician Wellness

<https://cumming.ucalgary.ca/pgme/wellness/residents>

The Resident Affairs office is here to assist you with the following:

- Confidential counseling and psychiatric Referral
- Support during remediation/academic difficulty
- Career and postgraduate training guidance
- Disability and accommodation support
- Educational programming/workshops on themes related to wellness & performance
- Faculty development related to physician and resident well-being
- Research pertaining to resident wellness

Nora McQuarrie, Psychologist and **Michelle Keogh**, Social Worker offer flexible appointment hours to accommodate resident schedules.

Schedule an appointment, contact Roxanne at residentwellness@ucalgary.ca or 403-210-6525

Physician and Family Support Program (PFSP):

- Availability: The PFSP provides confidential support to you and your immediate family members 24/7. To contact them, call **877-767-4637**.
- Some of the reasons to call PFSP:
 - Family and relationship issues
 - Career, educational and workplace concerns that are impacting your health
 - Dealing with adverse events
 - Stress, anxiety, other mental health issues and psychiatric disorders
 - Substance misuse
 - Concern for a colleague

OWL POD:

Schedule an appointment visit owlpod.org

**WE GOT YOU
DURING COVID!** 



OWL POD

WORRIED? LONELY? STRESSED? SAD? GRIEVING?

- **FREE ONLINE Mental Health Clinics**
 - For Albertans using ZOOM
 - Run by medical doctors
 - No referral required
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Book online: owlpod.org