



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO

Where Do I Go?

Navigating *Learner Wellness*

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**Temerty
Medicine**



Why do people reach out?

- Stress
- Burnout
- Anxiety
- Depression
- Academic Concerns
- Performance Issues
- Career Uncertainty
- Workplace Relationships
- Personal Relationships
- Disability and accommodation
- Considering or Needing to take a leave from work
- Grief or Loss
- Recent or upcoming transitions
- Desire to transfer programs
- Effects of the pandemic

Wellness Resources

PARO

- Help Line (24 Hours) 1-866-HELPDOC
 - PARO office number (416) 979-1182
- myparo.ca/helpline/

CMA Wellness Helpline

- Immediate support and/or connect you with a short-term therapist: 1-800-851-6606 (option 1)
- Peer support also available

www.cma.ca/supportline/ontario



Wellness Resources (cont.)

CAMH

- Mental Health & Addiction Supports for health care workers impacted by the COVID-19 pandemic

www.camh.ca/covid19gethelp

Physician Health Program (OMA)

- 1-800-851-6606 (daytime)
- Referral program to resources in the community

<https://php.oma.org/about-php/>

