

OFFICE OF LEARNER WELL-BEING AND SUCCESS (LWS)

Postgraduate Medical Learner Well-Being Resources



<https://bit.ly/MUNLWS>
Email: lswellbeing@mun.ca
Office: M2M115 / 709 864 6067

@munmedLWS @munmed.LWS

LWS WELL-BEING CONSULTANTS

Meet with the LWS Learner Well-Being Specialist to discuss well-being or to retrieve resources or referrals.

Common reasons to contact LWS: access to key health services, burnout, mistreatment, stress management, relationship conflict, or workplace accommodations.

LWSwellbeing@mun.ca
709 864 6067

LWS FINANCIAL SUPPORT & GUIDANCE

The LWS Learner Success Consultant provides financial guidance on debt management, investing or buying a home.

LWSfinancial@mun.ca
709 864 6284

MENTAL HEALTH EMERGENCIES (24-HOUR SERVICES):

- Call 911 if you are experiencing an emergency or go to the nearest emergency department in your area. In the St. John's area go to:
 - Psychiatric Assessment Unit at the Waterford Hospital, Waterford Bridge Road
 - Health Sciences Emergency Department, 300 Prince Philip Drive, St. John's
 - St. Clare's Emergency Department on 154 LeMarchant Road, St. John's
- Call 811 to speak with a registered nurse trained in crisis intervention or to request the Mobile Crisis Response team.
- Call or text 9-8-8 if you or someone you know is thinking about suicide.

Employee Mental Health Supports: Quick Reference Guide



If you or a staff member are experiencing a mental health crisis, call 811.

EVA (Employee Virtual Assistant)

A "chat bot" tool that leverages artificial intelligence to **connect employees with the most appropriate mental health support for their unique life circumstances.**

The tool helps employees easily maneuver through resources and services available to support not only their mental wellness but that of their family members.

EVA is 100% anonymous, confidential and available 24/7 through the public URL www.checkwitheva.ca.



Rapid Response Team (RRT)

Provides urgent psychological support for staff after a **critical event.**

Psychological First Aid responders provide reflection and room for affected employees to process the event, while also creating awareness of the other services and supports available to them.

To request a Rapid Response Team debriefing, call **1-833-900-RRT1 (7781)**
Monday – Friday 8am – 4pm

This phone line is not monitored after hours.



Peer 2 Peer (P2P)

Peer support is a very effective means of improving employee mental health and wellness. It can range from providing a bridge between an employee with a problem and the people who can help, or simply lending an ear after a bad day.

Peer 2 Peer is comprised of a team of trained employee volunteers from across our organization. Their role is to support employees through their shared experiences as healthcare workers as well as other identified similarities such as mental illness, domestic violence, parenting issues, etc.

Employees can access P2P through Eastern Health's Employee Virtual Assistant (EVA) at www.checkwitheva.ca.

Questions about any of these resources? Contact Psychological Safety Coordinator, maureen.brennan@easternhealth.ca



Employee and Family Assistance Program (EFAP)

EFAP is a short-term benefit program that provides **confidential**, professional assessment, referral and follow-up **counselling services** to assist employees and their family members experiencing personal problems associated with home and work life.

Contact Information:
Administrative Support/Booking Coordinator
777-1581

All calls and voicemails are confidential.

If you are experiencing a mental health crisis, please call the Mental Health Crisis Line at 811



NLMA PHYSICIAN & FAMILY ASSISTANCE PROGRAM

24/7, confidential helpline, short-term counselling, and referrals to specialized coaches and therapists.

1 800 663 6729

MD LINK

MDLink helps NLMA members gain access to primary care providers.

709 702 6612

SWCC

MUN STUDENT WELLNESS & COUNSELLING CENTRE (SWCC)

SWCC provides primary health care, free counselling, and wellness support for all Memorial University learners.

Accessibility Services

MUN BLUNDON CENTRE

The Blundon Centre provides accommodation and accessibility programs and services.

ACADEMIC SUPPORT PGME:

For residents seeking academic support and accommodations, please contact the PGME office.

pgme@mun.ca
709 864 6331

www.parnl.ca

PROFESSIONAL ASSOCIATION OF RESIDENTS OF NL & LAB (PARNL)

PARNL advocates for the collective interests of residents on education, professional, and well-being issues. Executive Director, Patricia Penton; executivedirector@parnl.ca

MISTREATMENT AND PROFESSIONALISM:

The Faculty of Medicine is committed to a safe learning environment. The resources found **[HERE](#)** will help guide you should you need assistance with issues related to mistreatment or professionalism.

NATIONAL WELLNESS CONNECTIONS:

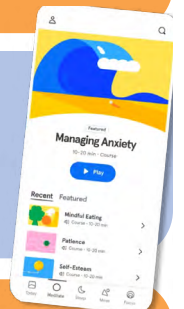
- [College of Family Physicians of Canada \(CFPC\)](#)
- [Canadian Medical Association Wellness Connection](#)
- [Royal College of Physician & Surgeons](#)
- [Resident Doctors of Canada \(RDoC\) \(Wellness\) and RDoC \(Crisis\)](#)

HEADSPACE APP (PLUS VERSION)

All residents have access to this app, which includes guided meditations, talks, and resources.

Username: studentwellness@med.mun.ca

Password: Wellness2018



FOR A COMPLETE LISTING OF ADDITIONAL, LOCAL, CRISIS AND NON-CRISIS SUPPORTS, [CLICK HERE.](#)