

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, anxiety, burnout, mistreatment, stress management, relationship conflict, academic or workplace accommodations, well-being.

LWS FINANCIAL SUPPORT & GUIDANCE

Financial guidance on debt management, investing or buying a home.

LWSwellbeing@mun.ca
709 864 6067

LWSfinancial@mun.ca
709 864 6284

pgme@mun.ca
709 864 6331

ACADEMIC SUPPORT PGME:

For residents seeking academic support please contact the PGME office.

MISTREATMENT AND PROFESSIONALISM:

The Faculty of Medicine is committed to a safe learning environment. Resources are found [HERE](#).

MENTAL HEALTH EMERGENCIES (24-HOUR SERVICES):

- Call 911 if you are experiencing an emergency or go to the nearest emergency department:
 - o Psychiatric Assessment Unit at the Waterford Hospital Waterford Bridge Road
 - o Health Sciences Emergency Department, 300 Prince Philip Drive, St. John's
 - o St. Clare's Emergency Department on 154 LeMarchant Road, St. John's
- Call 811 to speak with a registered nurse or to request the Mobile Crisis Response Unit.
- Call or text 988 if you or someone you know is thinking about suicide.

NLHS Mental Health Supports



Eastern

Employee Virtual Assistant 24/7 (Eva)

- www.checkwitheva.ca
- Mental health resources

Rapid Response Team 1-833-900-RR1 (7781)

- Critical event support
- Psychological First Aid

Peer to Peer (P2) Support

- Trained peer supports
- Access through EVA

Employee Family Assistance Program (EFAP)

- Short term counselling services. 709 777 1581

Central

Employee Family Assistance 24/7

www.centralhealth.nl.ca/home-wood-health

- Short term confidential counselling services
- Life Smart Coaching and Specialty Counselling
- 1 800 663 1142 (english)
- 1 866 398 9505 (french)
- 1 888 384 1152 (TTY)
- 1 604 689 1717 (International)
- E-learning Courses: health and well-being

DME Regional Leads

Contact info [click here](#).

Western

Employee Assistance

Confidential counselling services (Mon-Fri; 8:30-4:30)
Call:

- Corner Brook: 709 6375306
- Stephenville: 709 643-5111 ext 349.
- Toll free: 1 866 637 5306

DME Regional Leads

Contact info [click here](#).

Labrador-Grenfell

Employee Family Assistance 24/7

www.centralhealth.nl.ca/home-wood-health

- Short term confidential counselling services
- Life Smart Coaching and Specialty Counselling
- 1 800 663 1142 (english)
- 1 866 398 9505 (french)
- 1 888 384 1152 (TTY)
- 1 604 689 1717 (International)
- E-learning Courses: health and well-being

DME Regional Leads

Contact info [click here](#).

NLHS WORKPLACE ACCOMMODATION

For accommodation requests the clinical work environment, the learner's medical provider must submit a [Request for Accomodation Form](#) via fax. If you have any questions, contact Dana.Curnew@easternhealth.ca

Fax: 709 777 1610

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

Providing academic accommodation, accessibility programs and services.

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

1 844 451 9700 (North America)
011 416 380 6578 (Outside of North America)

GuardMe STUDENT SUPPORT PROGRAM

24/7 free real-time and/or appointment based mental health service available in 60+ languages.

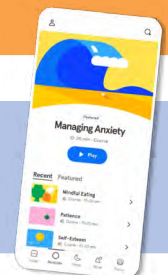
www.parnl.ca

PROFESSIONAL ASSOCIATION OF RESIDENTS OF NL & LAB (PARNL)

PARNL advocates for the collective interests of residents on education, professional, and well-being issues.

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 \(Crisis\)](#)
- [Wellness4MDs: Text "WELLMD" to 1 855 947 4673](#)



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.](#)