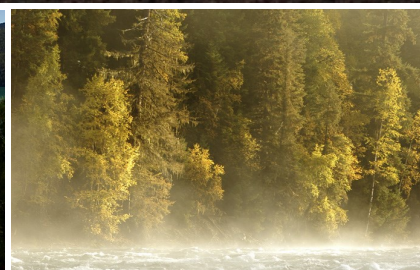


# RESIDENT WELLNESS RESOURCES



Resident Wellness Office | Postgraduate Medical Education



THE UNIVERSITY OF BRITISH COLUMBIA



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# Resident Wellness Office

## ABOUT US

### Statement on Racism, Inclusion, and Equity

*The Resident Wellness Office (RWO) is committed to providing support to all residents at UBC. Echoing the sentiments of PGME, the RWO stands in solidarity with residents who are unrepresented, underprivileged, oppressed, and unheard. The RWO is committed to supporting PGME to address, tackle, and prevent systemic racism. Please visit our [Inclusion & Equity Resource Page](#) and our [Anti-Racism Resource Page](#) for further information and resources.*

### Overview

Over the course of your time as a resident you will face numerous pressures — both professional and personal.

The Resident Wellness Office (RWO) is committed to creating a culture of wellness in the Faculty of Medicine's residency programs. The RWO offers free, confidential, counselling and support services for residents and Area of Focus Competency Fellows.

Here at the Resident Wellness Office, we're here to listen and support residents in a variety of ways throughout the residency process.

### Some Reasons to Contact the RWO:

- ◆ Seeking support around stress and time management
- ◆ Feelings of burnout
- ◆ Improving communication at work and with loved ones
- ◆ Learning ways to manage moods (depression, anxiety etc.)
- ◆ Support in dealing with a loss or life transition
- ◆ Support with a challenge related to residency
- ◆ Seeking peer support or culturally appropriate supports
- ◆ Interest in counselling support through diverse cultural perspectives



# Resident Wellness Office

## ABOUT US

### Services Offered

Our team of Registered Counsellors are able to assist you with a range of personal and professional concerns. The program has been created to promote and support health and wellness amongst medical residents.

A counsellor can help you work through and cope effectively with concerns such as stress and time management, anxiety, depression, career concerns, and life transitions. Speaking with a counsellor can help to bring clarity to situations and shed light on new ways of dealing with them.

The Resident Wellness Office provides the following services to current residents and their partners:

- ◆ In-person, telephone, and Zoom counselling
- ◆ Group Support, Peer Support and Indigenous Elder Support
- ◆ Referrals to community resources and other helping professionals
- ◆ Ice Cream Rounds to discuss health and wellness topics
- ◆ Up-to-date online resources
- ◆ Community events

### Locations

The Resident Wellness Office has virtual and in person locations. Each counsellor has their own virtual Zoom “office”; you will be provided with this regular link when you book a counselling session so residents in any location can access services at any time via Zoom or telephone. We also provide in-person support at the following sites:

- ◆ Diamond Health Care Centre, Vancouver (Monday-Friday)
- ◆ Surrey Memorial Hospital (Thursdays, bi-weekly)
- ◆ Royal Columbian Hospital (Wednesdays bi-weekly)
- ◆ Kelowna, Victoria, Strathcona, Prince George, Nanaimo, Chilliwack, Abbotsford, Kamloops, Penticton (site visits scheduled once per year)





# Resident Wellness Office

## MEET THE TEAM

Book an appointment online [here!](#)

Email: [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca)

General Hours: Mon-Fri 7:00am – 7:00pm

*\* Morning and evening sessions are only available on select days. For urgent needs outside of these hours, please contact alternative services listed [here](#).*



[dianna.louie@ubc.ca](mailto:dianna.louie@ubc.ca)

### Dr. Dianna Louie (she/her), MD, FRCPC, Faculty Lead for Resident Wellness

Dr. Dianna Louie is a Pediatrician at BC Children's Hospital and has a Pediatric practice in Richmond, BC. Dianna has been the Faculty Lead for Wellness at the University of British Columbia and the Director of the Resident Wellness Office since 2016. She completed her Medical School training and Pediatric Residency at the University of British Columbia. Dianna has been passionate about resident wellness and mindfulness since her own residency and feels it is so important to empower residents to find joy in their work and be kind to themselves. She is excited to connect with Residents about how best to optimize their wellness during their experience with the Resident Wellness Office.



[rebecca.turnbull@ubc.ca](mailto:rebecca.turnbull@ubc.ca)

### Rebecca Turnbull (she/her), M.Ed., RCC, Resident Wellness Counsellor

Rebecca Turnbull is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors, holds a Master of Education in Counselling Psychology from Simon Fraser University and a Bachelor of Arts in Psychology from the University of Victoria. She specializes in Emotion Focused Therapy for couples and individuals, with training in CBT, Mindful Self Compassion, and Somatic Therapies. Rebecca is a trauma-informed therapist, collaborating with clients to leverage their strengths, improve their success and interpersonal relationships while fostering a safe and compassionate therapeutic relationship. Since 2013, Rebecca has been a dedicated member of PGME, helping to launch the original Resident Wellness Office. Having been with the office over a decade she can help normalize that yes, residency is hard, and no, you are not alone!

LOCATION: @ DHCC on Tuesdays & Thursdays @SMH on 2<sup>nd</sup> & 4<sup>th</sup> Thursday



[elizabeth.sabine@ubc.ca](mailto:elizabeth.sabine@ubc.ca)

### Elizabeth Sabine (she/her), M.Ed., RCC, Resident Wellness Counsellor

Elizabeth Sabine grew up in a small town in Northern BC, and is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a Master of Education in Counselling Psychology from Simon Fraser University and a Bachelor of Arts Degree Major in Psychology and Minor in Counselling and Human Development from Simon Fraser University. Elizabeth supports couples and individuals predominantly using Emotion Focused Therapy, however will include aspects of Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy to support clients as needed. She has been with PGME since 2017 and prior to working with Residents, Elizabeth was the Director of Community Health at the YMCA and co-founded the YMCA YMind Mental Health Program.

LOCATION: @ DHCC on Wednesdays & Fridays @RCH on 1<sup>st</sup> & 3<sup>rd</sup> Wednesday



# Resident Wellness Office

## MEET THE TEAM



[nish.laszczuk@ubc.ca](mailto:nish.laszczuk@ubc.ca)

### Nish Laszczuk (she/her), MSW, RSW, Resident Wellness Counsellor

Nish Laszczuk is a Registered Social Worker with certifications from the BC and Ontario Colleges of Social Workers, holding a Master's Degree in Social Work from the University of Toronto and a Bachelor of Arts in Psychology from the University of Waterloo. Specializing in Cognitive Behavioral Therapy, Mindfulness, and Dialectical Behavioral Therapy, she also integrates Emotion-Focused Therapy and Somatic Attachment Therapy into her practice, ensuring a comprehensive approach that is trauma-informed. Nish collaborates closely with clients, drawing from diverse therapeutic techniques to tailor therapy to their unique needs by fostering a safe environment rooted in anti-oppressive and feminist principles. Joining PGME in 2022, she works with Residents to address daily coping strategies and deeper psychological exploration by challenging negative beliefs and promoting resilience to support well-being.

**LOCATION:** @ DHCC on Mondays, Wednesdays, Thursdays, and Fridays



[bronwyn.taylor@ubc.ca](mailto:bronwyn.taylor@ubc.ca)

### Bronwyn Taylor (she/her), BAsC, Resident Wellness Program Coordinator

Bronwyn Taylor holds a Bachelor of Arts and Science with focus in Psychology and Art from Quest University Canada. Bronwyn has a background working in mental health and is an advocate for outlets to creative expression, health and wellness, and human connection. Bronwyn has been the Program Coordinator for the Resident Wellness Office since 2022 and is available to answer general questions about wellness events, coordinate group supports for programs, schedule counselling appointments and take feedback about the RWO services.

## Indigenous Elder



[resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca)

### Elder Jean Wasegijig (she/her), Indigenous Elder Support Counsellor

Elder Jean Wasegijig is Odawa First Nation from the Wikwemikoong Reserve in Northern Ontario. Elder Jean is of the Bear Clan and her traditional name is "Good Medicine Woman" – a name that was given to her at a Sundance Ceremony in Montana. She is a mother and grandmother and often participates in ceremonies and cultural traditions. As a mature student, Elder Jean graduated with an Associate of Applied Arts degree at Douglas College and majored in Psychology at Simon Fraser University, before pursuing Substance Abuse Counselling training at the University of the Fraser Valley. Elder Jean has worked in the counselling field in corrections, treatment center and in the community, and has been providing counselling and Elder's teachings to Residents at UBC since 2022.

**LOCATION:** @ DHCC on Mondays & Fridays



# Resident Wellness Office

## FAQs

### Who can use the Resident Wellness Office Counselling services?

The Resident Wellness Office offers counselling services to UBC medical residents, subspecialty residents, and Area of Focused Competency Fellows.

### Where is the Resident Wellness Office?

The Resident Wellness Office has virtual and in person locations. Each counsellor has their own virtual Zoom “office”; you will be provided with this regular link when you book a counselling session.

Vancouver Offices are located on the 10th floor of the Diamond Health Care Centre in 10203 and 10228.

The Surrey Office is located on the 3rd floor of the Critical Care Tower, room 3-622, in Surrey Memorial Hospital.

The Royal Columbian Hospital Office is at UBC Medical Education, Room 009.

### When are the counsellors available?

RWO Counsellors are available Monday—Friday. Hours of operation may vary depending on resident needs, and early morning appointments are available starting at 7am. Evening sessions are available on Wednesdays. Appointments are available in person, via Zoom, or over the telephone.

Please complete our Appointment Request Form to seek a counselling appointment that would be appropriate with your schedule.

[Request Counselling Appointments Here!](#)

### What about confidentiality?

Counselling services are confidential. Information about you, the type of counselling services you access, and the context of your counselling sessions cannot be released without your written permission, with the following exceptions:

- information indicating that you may constitute a risk to yourself or to others
- information indicating that a child is in need of protection
- information that leads to concerns about public safety
- other statutory or common-law provision that requires or authorizes the release of confidential information

### Do I need to pay? Are there any limitations?

Individual counselling, workshops, and groups are available to you free of charge. Residents are able to access 10 counselling sessions per academic year. If you require additional support, we are happy to direct you to other resources.

### What services does the Resident Wellness Office Offer?

A RWO counsellor is able to assist you with a range of personal and professional concerns. The program has been created to promote and support health and wellness among medical residents.

The counsellor can help you work through and effectively cope with concerns such as stress and time management, anxiety, depression, career concerns, life transitions, and relationships. Speaking with a counsellor can help to bring clarity to situations and shed light on new ways of dealing with them.





# Resident Wellness Office

## RWO Supports

The Resident Wellness Office offers many group supports to residents, often booked during an academic half-day to encourage residents to attend. If you are interested in any of these supports for your program, please ask your Program Director or Lead Resident to contact the RWO. Further information on these supports can be found on [our website](#).

### Group Supports

A variety of group supports are available to residents in all stages of their residency journey including:

#### Ice Cream Rounds/Wellness Rounds

Ice Cream Rounds (in person) or Wellness Rounds (virtual) is a confidential, resident-only mental health discussion that allows medical learners to connect, offer one another support and share in the highs and lows of residency.

#### Peer-Led Ice Cream Rounds

Residents may want the opportunity to debrief with their peers in a confidential environment in the spirit of Ice Cream Rounds when a counsellor may not be available. These sessions are generally facilitated by Lead Residents or a Wellness Rep. Download the [Peer-Led Ice Cream Rounds Toolkit](#).

#### Support Group for Residents on Leave

Residents who are on a medical, parental, or stress leave can attend this virtual 4 week support group facilitated by a Counsellor using the evidence based approach of Mindful Self Compassion to develop healthy coping skills.

#### ADHD & Executive Functioning Group

This is a 7 week virtual skills group called “**AttentionMD: Executive Functioning Skills for Success**” explores topics of time management, productivity, attention, memory and self regulation, learning, and other executive functioning skills to support residents experiencing symptoms of ADHD. A diagnosis of ADHD is *not required*.



## Resident Wellness Office

# Elder Counselling Support

### Counselling Services Provided by an Indigenous Elder

The Resident Wellness Office launched the Indigenous Counselling and Elder Support program in 2022. Indigenous Counselling and Teachings are provided by an **Indigenous Elder**, Jean Wasegijig, using Indigenous tools and perspectives to approach wellness and culture in the context of medicine.

Sessions focus on counselling, support, and Elder teachings, often incorporating the **medicine wheel** as a teaching tool with both Indigenous and Non-Indigenous residents. The medicine wheel has been used by generations of various Indigenous groups around the country for health and healing. Elder Jean is also available to lead group sessions called **Elder Circles**, allowing groups of residents the opportunity for a space to share and connect with others on group concerns or wellness topics.

**All Residents** are eligible to access supports with Elder Jean, though Indigenous residents will be prioritized. Elder Jean is available Mondays & Fridays from 9am-3pm at Diamond Health Care Centre or on Zoom.

*"I just wanted to pass on how happy I am that we are able to meet with [an] Elder through the Resident Wellness Office. I met with her this morning and found it very beneficial. It was amazing to have a culturally appropriate counselling session and I hope this project continues as I can see how other residents would benefit."*

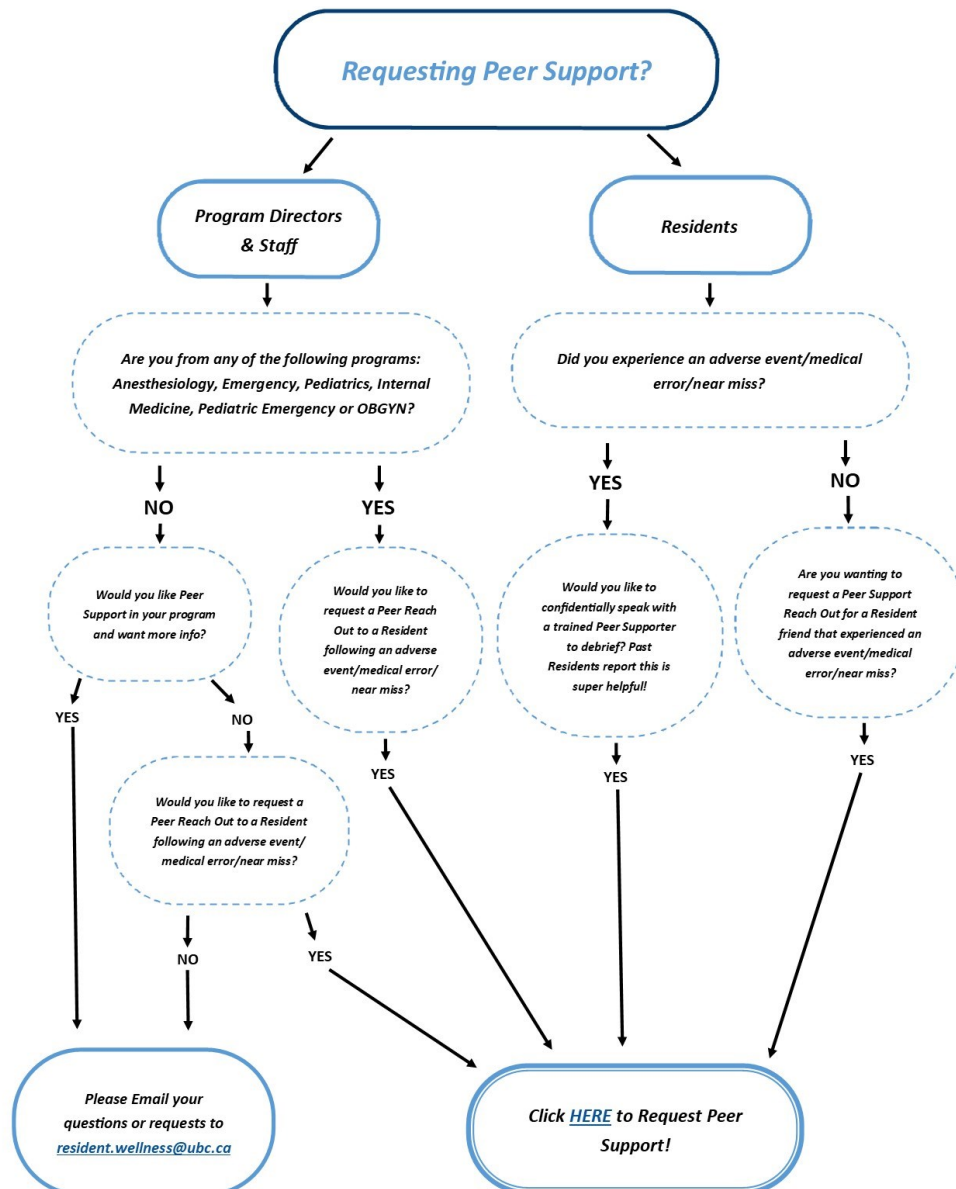
-IFMP Resident



# Resident Wellness Office

## Peer Support

The Peer Support Program offers residents who experience an emotionally distressing event in the work environment an opportunity to talk to another Physician (Faculty or Senior Residents) for support in a confidential, non-judgmental environment. The Resident Wellness Office has partnered with Dr. Jo Shapiro to implement her evidence-based Physician Peer Support program. If you're unsure about how to seek Peer Support, follow our helpful guide below.





## Resident Wellness Office

# Resident on Leave Group



### What is the Support Group?

There can be many reasons to take a leave during residency whether it be medical, personal, parental or compassionate. Many residents that have gone on a leave have described it as being a very stressful and isolating experience and have wanted a way to connect with other residents going through the same thing.

The Resident Wellness Office has created a 4 week support group for residents on leave that meets once a week in a safe and confidential environment virtually. Learn healthy coping skills with a Registered Clinical Counsellor using the evidence based approach of Mindful Self-Compassion with other colleagues on leave. This group runs several times per year, starting this September 2024.

### How can I join?

Please contact the RWO by email to register for the program: [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca).

Further information can be found at our program information page [here!](#)



## Resident Wellness Office

# ADHD Executive Functioning Group

### AttentionMD: Executive Functioning Skills for Success

ADHD and Executive Functioning impairments often go unnoticed in high-performing individuals pursuing medicine. It has been noted that upon entering residency, many residents with suspected ADHD like symptoms become more impacted by administrative and life demands during medical training. Overwhelmingly, in Fall 2023, the demand for executive functioning supports amongst the UBC Resident population became high during the pilot of the "Focus & Flow Group for ADHD & Executive Functioning Support".

Considering the needs of neuro-diverse residents, the Resident Wellness Office is offering its second iteration of this virtual group to provide support through a neuroscience based executive functioning skills group for residents experiencing symptoms of ADHD. This seven week group will be hosted by Andrea Falco and a Wellness Counsellor over Zoom.

#### The group will occur on:

September 25th 2024 from 5:30-7pm

October 2nd 2024 from 5:30-7pm

October 9th 2024 from 5:30-7pm

October 16th 2024 from 5:30-7pm

October 23<sup>rd</sup> 2024 from 5:30-7pm

October 30<sup>th</sup> 2024 from 5:30-7pm

*To set up an intake session, please email [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca)*



# Resident Wellness Office



## Tip:

Hold the CTRL button while clicking on links in this booklet to have the links open in a new

## PHYSICAL

### Articles and Resources

#### [Health & Lifestyle Corporate Discounts for UBC Residents](#)

A list of discounted health and fitness facilities and services for UBC residents.

#### [First Nations Health Authority Health Benefits Program](#)

FNHA health benefits cover dental, medical, mental health, vision and pharmacy.

#### [Sleep Resources - MIT Medical](#)

Guided audio and print resources that can help you overcome insomnia, reduce stress, and improve sleep quality.

#### [Do Yoga With Me.com](#)

Hundreds of online yoga, meditation, and tutorial videos for all levels – at no cost

#### [Epworth Sleepiness Scale](#)

A score of 10 or higher indicates a possible sleep disorder.

#### [Cookspiration](#)

A website and app created by Dietitians of Canada that serves up recipe ideas to suit your mood and schedule.

### Audio

#### [Sound Mind Podcast - Canadian Medical Association](#)

A CMA podcast about physician wellness and medical culture, hosted by psychiatrist and wellness expert Dr. Caroline Gérin-Lajoie.

### eCurriculum

#### [ePhysicianHealth.com](#)

ePhysicianHealth.com is the world's first comprehensive, online physician health and wellness resource designed to help physicians and physicians-in-training be resilient in their professional and personal lives. ePhysicianHealth.com was developed by Canada's leading physician health and eLearning experts to provide you with cutting edge, evidence-based information and innovative, user-friendly tools for self-help and collegiate support.





# Resident Wellness Office

## MENTAL/EMOTIONAL

### Articles and Resources

#### [Overcoming Compassion Fatigue](#)

American Academy of Family Physicians. Includes tips, warning signs, and a 9-point self-assessment tool.

#### [MoodGYM](#)

An online program that aims to reduce mild to moderate symptoms of depression and anxiety by teaching you the principles of cognitive behaviour therapy. Cost: \$39/year.

#### [Early Warning Signs of Residents in Distress](#)

UBC Family Practice Resident Resiliency Subcommittee

#### [Worry & Rumination](#)

Centre for Clinical Intervention

#### [The Bounceback Program](#)

Designed by the Canadian Mental Health Association to provide coping skills and tools to help you manage your mental health.

### Self-Assessments

#### [Alcohol and Drug Addiction Screening Quiz](#)

From Johns Hopkins University Hospital

#### [Mental Health Well-being Screening Quiz](#)

An anonymous 14-question quiz to gauge your overall mental health

#### [Anxiety Disorder Screening Quiz](#)

The first part of the screening asks one question about each of five different types of anxiety problems, then goes into more detail depending on your answers.

#### [Depression Screening Quiz](#)

This screening self-test looks for symptoms of depression.

#### [Self-Compassion Scale](#)

Dr. Kristin Neff, [www.self-compassion.org](http://www.self-compassion.org)



# Resident Wellness Office

## SPIRITUAL

### Articles and Resources

[The Positive Effects of Nature on your Mental Wellbeing](#)  
Positive Psychology

[Mindfulness-Based Stress Reduction \(MBSR\) Online Course](#)  
An 8-week course, free.

[The Basics of Spiritual Health](#)  
Learn about how spiritual health is defined.

[Finding Meaning in Medicine](#)  
Greater Good Berkeley

[Mindfulness Self-Assessment](#)  
Greater Good Science Centre at UC Berkeley

### Guided Meditation

[Calm.com](#) (website and app)  
You can either choose the simple guided meditations (which range from 2 to 20 mins) or go solo and use the meditation timer. You also get to select your background noise from a range of natural environments.

[Guided Mindfulness and Relaxation Activities](#) - MIT Medical  
Free audio files guiding you through body scans, guided visualization for test anxiety or athletic performance, and mindful breathing.

[Mindfulness-Based Stress Reduction Meditation](#)  
A collection of resources surrounding Mindfulness Based Stress Reduction from the "[Mindfulness-Based Stress Reduction Workbook for Anxiety](#)", available for loan from the [Resident Wellness Library](#).



# Resident Wellness Office

## SOCIAL

### Articles and Resources

[Working Together to Improve the Culture of Medicine](#)  
Association of Faculties of Medicine of Canada

[Parenting During Residency](#) (PDF)  
A resident's guide to parenting, pregnancy, parental leave and beyond.  
Resident Doctors of BC

[Understanding the Medical Marriage](#)  
This study explores the challenges and strengths of dual- and single-physician relationships.

[Five Ways to Say 'No' Effectively](#)  
American Academy of Family Physicians

[Raising Children During Medical Residency](#)  
MomMD, Connecting Women in Medicine

[The Pioneering Efforts of Wise Women in Medicine](#)  
Stanford

### Self-Assessments

[Dimensions of Wellness: Social Wellness](#)  
Includes a 10-point self-assessment

[Wellbeing Assessment](#)  
Evaluate your own wellbeing with this brief quiz.  
University of Nebraska-Lincoln

[Life Balance Assessment Sheet](#)  
Stanford WellMD

[Empathy Self-Assessment](#)  
Greater Good Science Centre at UC Berkeley





# Resident Wellness Office

## OCCUPATIONAL

### Articles and Resources

#### [Career Planning Resources](#)

As a resident, there are a number of resources available to help you navigate through your medical career as you transition from residency into practice.

#### [When Physicians Feel Bullied: Effective Coping Strategies](#)

Canadian Medical Protective Association

#### [Coping With an Adverse Event, Complaint, or Litigation](#)

Canadian Medical Protective Association

#### [UBC Faculty of Medicine Equity & Professionalism Office](#)

The Associate Dean, Equity and Professionalism is available to support and advise faculty members, medical students, graduate students, residents and fellows.

#### [UBC Faculty of Medicine Policy Regarding Unprofessional Behaviour](#)

Dean's Office Faculty Affairs

#### [A Practical Approach to Time Management for Physicians](#)

Postgraduate Medical Journal

#### [Behaviours of Highly Professional Resident Physicians](#)

Journal of the American Medical Association

#### [10 Strategies for Staying Human During Residency Training](#)

Dr. Allan Peterkin

#### [Mistreatment Help](#)

UBC Faculty of Medicine

Learn more about what you can do and who to contact if you've experienced learner mistreatment.

#### [COVID-19 Resident Wellness Resources](#)



# Resident Wellness Office

## EQUITY, INCLUSION & DIVERSITY

*The RWO stands in solidarity with residents who are unrepresented, underprivileged, oppressed, and unheard. We are here to support and advocate for equity among residents.*

### RESOURCES

[The Resident Wellness Office's Anti-Racism Resource Guide](#)

[Anti-Racism Excellence at UBC](#)

[20 Steps to an Out and Equal Workplace](#)

[Traditional Knowledge Toolkit \(PDF\)](#)

A toolkit developed by the First Nations Centre for individuals and communities interested in the protection and promotion of traditional knowledge and healing practices.

[Navigating the Residency Match as an LGBT Applicant](#)

Association of American Medical Colleges

[Dealing with Racist Patients](#)

New England Journal of Medicine

[Exploring Unconscious Bias in Academic Medicine](#)

Association of American Medical Colleges

[Immigrant Services Society of BC](#)

Serves the settlement, training and integration needs of newcomers from all over the world.

[UBC International Student Guide](#)

Includes resources for living in BC during and after your training.

### ASSOCIATIONS

[Health Professionals Advancing LGBT Equality](#)

Previously known as the Gay and Lesbian Medical Association.

[Society of Rural Physicians of Canada](#)

Providing leadership for rural physicians.

[Federation of Medical Women of Canada](#)

Committed to the development of women physicians and the well-being of all women.

[Canadian Association of Physicians with Disabilities](#)

A forum for discussion of issues of mutual interest and concern to physicians with disabilities.



# Resident Wellness Office

## FINANCIAL

### Articles and Resources

#### [How to Get Your Free Credit Report and Check Your Credit Score](#)

Three ways to get your credit report in Canada.

#### [UBC Transition into Practice Program - Financial Management](#)

UBC PGME

#### [How to Find a Job Post-Training](#)

UBC PGME Transition into Practice Program

#### [Finance Articles from Emergency Physicians Monthly](#)

From debt to investment to taxes, a range of financial articles tailored for physicians.

#### [MD Management](#)

Specializes in financial planning services for physicians.

#### [Credit Counselling Society of BC](#)

Canada's leading non-profit debt solution provider with 12 locations in BC.

#### [Financial Literacy Counsel Inc.](#)

The FLCI is contracted to provide financial services and consultation (at no cost to residents) through Resident Doctors of BC. The FLC also hosts an annual tax return clinic where Residents can have their taxes filed by an accountant for free.

### INTERACTIVE RESOURCES

#### [Debt Payment, Interest, Expense and Savings Calculators](#)

Calculations are performed based on your inputted information. Below the graph is an explanation to help you understand what you're seeing.

Credit Counselling Society

#### [Free Interactive Budget Calculator Spreadsheet for Canadians](#)

Credit Counselling Society



# Resident Wellness Office

## GENERAL

### Articles and Resources

[Time Management: A Review for Physicians](#) by Dr. Brunicardi and Dr. Hobson  
Journal of the National Medical Association

[Understanding Procrastination](#)  
California Polytechnic State University

[First Nations Health Authority Counselling](#)  
Health Benefits partners with Indigenous Services Canada to offer a comprehensive mental health plan to First Nations in BC.

[Mentorship](#)  
Resident Doctors of Canada

[Teaching Tips for Residents and Fellows](#)  
UBC Faculty of Medicine

[New In Practice Guide - What Residents Need to Know Before Entering Practice \(PDF\)](#)  
Canadian Medical Association

[Resident Health and Well-being—Building Resilience](#)  
Canadian Medical Association

[Building Resilience for Wellness](#)  
National Library of Medicine

[Getting Published: Tips for Residents](#)  
AMA

[Indigenous Resources for Health Care Providers](#)

[Resources for Indigenous Residents](#)

### Audio & Video

[Reduce Test Anxiety: Guided Visualization](#) (5:32)  
A free live-streaming audio file from MIT Medical

[Dr. Mamta Gautam on Physician Wellness](#) (56:21)  
And insightful talk by Dr. Gautam, a psychiatrist specializing in physical wellness.





# Additional Resources

## GET HELP

All of the services listed below are confidential. The services will only collect, use, or disclose your information to provide services and support to you, as consented by you, or as required by law. All information you provide, including your personal and health information, and the fact that you have contacted the service, is held in confidence.

### Resident Wellness Office (RWO)

Email: [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca)

Website: [www.postgrad.med.ubc.ca/resident-wellness](http://www.postgrad.med.ubc.ca/resident-wellness)

**Process of Contact:** The Resident Wellness Office administrative hours are Monday to Friday from 8:30am – 5:00pm. Outside of these hours, you are always welcome to send an email and you will receive a prompt reply. If you require immediate assistance outside of these hours, please contact the services listed below.

### Physician Health Program of BC

24-hr Toll-Free Line: 1 800 663 6729

Email: [info@physicianhealth.com](mailto:info@physicianhealth.com)

Website: [www.physicianhealth.com](http://www.physicianhealth.com)

**Process of Contact:** PHP offers 24-hour access where you can be connected to an intake counselor who will quickly determine with you what your needs are and will provide you with access to a variety of services which include a network of clinical counsellors.

CONTINUED →



# Additional Resources

## GET HELP

### Employee and Family Assistance Program (EFAP)

Phone: 604 872 4929

24-hr Toll-Free Line: 1 800 505 4929

Email: [help@efap.ca](mailto:help@efap.ca)

Website: [www.efap.ca](http://www.efap.ca)

**Process of Contact:** EFAP is a confidential counselling service specialized to provide service to healthcare employees and families throughout BC. They have an “affiliate network” with counselors anywhere clients are, and also offer telephone counselling. EFAP provides short term counselling, 4-6 sessions on average. You will have a brief intake with an intake counsellor, who will ask which health authority you work for to ensure eligibility.

### BC-Wide Crisis Line

Phone: 604 872 3311

24-hr Toll-free Line: 1 800 SUICIDE (784 2433)

Website: [www.crisiscentrechat.ca](http://www.crisiscentrechat.ca)

### SAFER (Suicide Attempt Follow-up, Education and Research)

Phone: 604 875 4794

Hours of Operation: Mon - Fri, 8:30 a.m. - 4:30 p.m.

For Vancouver residents, provides counselling for individuals age 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal ideation; also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.



