

## **RESIDENT WELLBEING RESOURCE LIST**

### **FINDING A PHYSICIAN IN EDMONTON**

The Alberta Medical Association Physician and Family Support Program (1-877-767-4637) keeps a list of family physicians willing to treat residents and their immediate family members.

The RWBC co-chairs have a list of specialist physicians willing to see residents and their immediate family members. Interested residents can contact the Postgraduate Medical Education office at 780-492-9722 or the PARA office 780-432-1749. This list includes Internists, Neurologists, Pediatricians, Psychiatrists and Surgeons.

There is also Student Health Services (780-492-2612) in the Students' Union Building on the University of Alberta campus, close to the University Hospital. This facility is staffed by family physicians. There are specialist services available including Psychiatry, Physical Medicine and Rehabilitation, and Obstetrics and Gynecology.

### **FOR OTHER TYPES OF ASSISTANCE**

The Alberta Medical Association Physician and Family Support Program (1-877-767-4637) is a free confidential service that provides assistance to residents and immediate family members. There is no link to the regulatory body, the College of Physicians and Surgeons of Alberta. This service is available 24 hours a day. Assistance is available for any personal problems that affect home or work life, including but not limited to marital or family problems, alcohol or drug use, depression, anxiety, stress, legal or financial issues, career or work-related concerns, etc.

Alberta Health Services Employee Assistance Program (780-491-0027 or 1-800-268 5211, TDD 1-800-363-6270) is also a confidential and free service. Only broad demographic information is released to Alberta Health Services and no information goes back to your program. It's for residents and immediate family members. Assistance is available for any personal problems that affect home or work life, including but not limited to marital or family problems, alcohol or drug use, depression, anxiety, stress, legal or financial issues, career or work-related concerns, etc.

There is also Student Counseling Services (780-492-5205), located in the Students' Union Building. There are Psychologists that provide counseling. Walk-in initial assessments are taken on a first-come first served basis from Monday to Friday 0900-1045 and Wednesdays from 1300-1445.

The Office of Safe Disclosure and Human Rights is available to all University of Alberta students and staff wishing to report any concerns about how the University policies, procedures or ethical standards are being applied. They are located at 312 Campus Tower (the building with Earls Restaurant) but are willing to meet residents at other sites/locations if it is more convenient for the resident. They can be reached by phone 780-92-7325 or email [human.rights@ualberta.ca](mailto:human.rights@ualberta.ca) or online at [www.ualberta.ca/humanrights](http://www.ualberta.ca/humanrights)

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. Check out [www.ephysicianhealth.com](http://www.ephysicianhealth.com) anytime from any computer for more information.

The University has a website: [www.virtualwellness.ualberta.ca](http://www.virtualwellness.ualberta.ca) which is advertised as being a "one stop shop for all members of the campus community interested in health and wellness". From this site you can link to many sites for information and resources.

### **RESIDENT WELLBEING COMMITTEE**

The Resident Wellbeing Committee has both resident and faculty representatives. This is a proactive committee, which examines the professional and personal issues that impact on resident wellbeing. Advocacy

may be related to work, academic or personal stressors. The chairs are available to provide help or access to consultation for residents and their families. Co-Chairs for the committee are Dr Erica Dance ([erdance@ualberta.net](mailto:erdance@ualberta.net)) and Dr Kathryn Dong ([kathryni@ualberta.ca](mailto:kathryni@ualberta.ca)).

## **WORKPLACE HEALTH, SAFETY & EMPLOYEE WELLNESS**

For more information about the following services offered to Alberta Health Services employees to protect against injury or illness associated with exposure to hazards encountered in the workplace, please call.

- Scheduling Baseline Assessment Appointments
- Immunization and Annual Tuberculin Skin Testing Appointments
- Outbreak or Contact Cases
- Clinic Locations, Days and Hours of Operation
- Audiometric Testing Information
- Colour Vision Testing Information
- Ergonomics
- Smoking Cessation
- WHS&EW Workshops
- EAP
- Program development
- Training courses
- Health and Safety support
- Ability Management
- General Inquiries re sick time, accommodation, WCB, disability.
- Staff carry pagers for urgent concerns during business hours

Requests for Reporting Line wallet cards, Needlestick wallet cards, WCB kits, WHS&EW pamphlets, EAP pamphlets / wallet cards, etc. should be directed to reception.

### **AVAILABLE TO**

Must be an Alberta Health Services-Edmonton area employee to access these services or have an external contract with Workplace Health & Safety and Employee Wellness.

### **REFERRAL NEEDED**

For Ability Management cases, the manager (in most cases) initiates the case being taken up by the Ability Management Team.

### **SERVICE PROVIDERS**

Occupational Health Nurses, Industrial Hygienists, Safety specialists, Disability management consultants, Physicians

### **SERVICE PARTNERS**

Covenant Health

### **SERVICE LOCATIONS**

Please visit the links below for more details about this service at various locations.

Edmonton General Continuing Care Centre

Main Line 780-342-8400

Staff Incident/Injury Reporting Line 780-342-8550