

Resident Wellbeing Committee (RWBC) Resource List

Finding a physician in Edmonton:

The Alberta Medical Association Physician and Family Support Program (PFSP)

<https://www.albertadoctors.org/services/pfsp> | 1-877-767-4637

PFSP keeps a list of family physicians willing to treat residents and their immediate family members.

University Health Centre is in the Students' Union Building

<https://www.ualberta.ca/services/health-centre/index.html> | 780-492-2612

Postgraduate learners must 'opt-in' by paying a small special registration fee. Information for this can be found at

<https://www.ualberta.ca/registrar/registration-and-courses/special-registrations/postgraduate-medical-dental-education-students>

Resources specific to residents and their families:

The Office of Advocacy and Wellbeing (OAW)

<https://www.ualberta.ca/medicine/resources/support-wellness/index.html> | 780-492-3150

The OAW looks after issues pertaining to learner health, wellbeing and advocacy. It is a safe and confidential place to receive support for both academic and personal matters. Contact the office or email Dr. Bina Nair, Assistant Dean Resident & Fellow Affairs at bnair@ualberta.ca.

The Alberta Medical Association Physician and Family Support Program (PFSP)

<https://www.albertadoctors.org/services/pfsp> | 1-877-767-4637

PFSP is a confidential service that assists residents and their immediate family members. It is confidential and there is no association with the College of Physicians and Surgeons of Alberta (CPSA) or to your residency training program. This service is available 24 hours a day/7 days a week and is for any personal problems that affect home or work life, including marital or family problems, alcohol or substance use, depression, anxiety, stress, legal or financial issues, career or work-related concerns.

Professional Association of Resident Physicians of Alberta (PARA)

www.para-ab.ca | 780-432-1749, 1-877-375-7272

PARA is your Professional Association who advocates on your behalf and is available to answer your questions on issues such as on-call, benefits, vacation, maternity and other leaves.

The Office of Professionalism, and the Professionalism Button

<https://www.ualberta.ca/medicine/resources/faculty-and-staff/professionalism/index.html> | 780-248-1775

The Office of Professionalism provides advice for difficult conversations or in navigating the system when addressing professionalism lapses. When you officially disclose a concern to them, a Professionalism Triage Officer will contact you within 72 hours to begin the process. You lead the process, and nothing happens without your consent. They will also let you know of the outcome. Contact them at fomdprof@ualberta.ca

Alberta Health Services Employee Assistance Program

780-491-0027 or 1-800-268-5211

This is a confidential and free service. Only broad demographic information is released to Alberta Health Services and no information goes back to your program. It is for residents and immediate family members.

The Resident Wellbeing Committee (RWBC)

<https://www.ualberta.ca/medicine/resources/support-wellness/postgraduate/committee.html>

The RWBC is a proactive committee, which examines the professional and personal issues affecting resident wellbeing. Funding is available for resident-planned wellbeing events. Chair of the committee is Dr. Bina Nair Assistant Dean Resident & Fellow Affairs, contact her at bnair@ualberta.ca.

The Canadian Medical Protective Association (CMPA)

<https://www.cmpa-acpm.ca> | 1-800-267-6522

The CMPA is a mutual defense association offering advice and assistance when medical-legal issues arise from your work as a resident physician. Their website has a wealth of information on topics including physician wellness at [CMPA - Physician wellness](#) and a Good Practices Guide at [CMPA - CMPA Good practices](#).

Canadian Association of Physicians with Disabilities (CAPD)

<https://www.capd.ca/>

CAPD provides networking and support for physicians with disabilities.

Resources offered to all University of Alberta students (including residents):

Counselling & Clinical Services

<https://www.ualberta.ca/current-students/counselling> | 780-492-5205

Located in the Students' Union Building. Initial assessments are by walk-in, first-come first served. Check out the website for dates, times, and more information.

Academic Success Center (ASC)

<https://www.ualberta.ca/current-students/academic-success-centre> | 780-492-2682 | success@ualberta.ca

The ASC has the primary goal of enhancing students' learning, writing and communication skills. They also help with exam writing, oral testing, time management skills, and have experience with residents. Be sure to mention you are a resident physician when you contact them. Please note there may be a small fee associated with these sessions. The ASC will also assist learners whose disabilities involve conditions affecting mobility, vision, hearing, learning and physical or mental health, and they help residents who may need accommodations.

<https://www.ualberta.ca/current-students/accessibility-resources>

Student Services Centre - Student Financial Support Services

<https://www.ualberta.ca/services/student-service-centre/index.html> | 780-492-3113

The Student Services Centre can provide learners with answers to general financial questions and can specifically help with issues about student loans and lines of credit. Also refer to the "Frequently Asked Questions and Financial Tips for Residents and Fellows" available from the Office of Advocacy and Wellbeing (OAW) website

The Office of the Student Ombuds

<https://www.ualberta.ca/current-students/ombuds> | 780-492-4689

The Office of the Student Ombuds is a confidential service that strives to ensure that university processes related to students operate as fairly as possible.

The Office of Safe Disclosure and Human Rights

<https://www.ualberta.ca/provost/portfolio/office-of-safe-disclosure-human-rights.html> | 780-492-7325

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.

The Institute for Sexual Minority Studies and Services: Safe Spaces Initiative

<https://www.ualberta.ca/ismss/index.html> | 780-492-6744

This is a student service built on the premise that the University of Alberta campus is a safe place for sexual and gender minority students.

The University's Health and Wellness Support for Students

<https://www.ualberta.ca/current-students/wellness/index.html>

Financial Resources:

- From the Credit Counselling Society:
 - Free Online [Personal Budgeting Webinars](#)
 - An [Easy to Use Excel Template](#) to Help You Create a Personal Budget
 - Free [Financial Calculators](#). Some of the calculators available include debt, loan, car payment, credit cards, debt ratio & loans, debt repayment, and savings.
- [McGill: The Wellness Podcast](#) Episode 10: Put Your Money Where Your Mind is: An Introduction to Financial Health & Well-Being.
- [Frugal Scholar MDCM Toolkit](#) for medical learners. [Frugal Scholar MDCM Toolkit](#) and [Guide](#) is an expanded version of their standard Toolkit.