

ARE YOU STRUGGLING IN RESIDENCY OR FELLOWSHIP?

Learning
and
practicing
medicine
can be
amazing,
challenging,
and
exhausting.

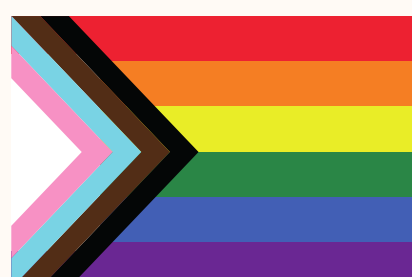


WE ARE HERE TO SUPPORT YOU

INCLUSIVE & PRIVATE & CONFIDENTIAL



Postgraduate
Medical Education



MCMASTER PGME RESIDENT AFFAIRS

01 WHY REACH OUT?



- You are **not feeling well** emotionally, psychologically or physically.
- You are experiencing stresses in your **professional, personal, or academic** life.
- You have experienced or witnessed **mistreatment** or a **distressing incident**.
- You have **accessibility** or **disability issues** requiring support or accommodations.

02 HOW WE CAN HELP

- You can meet individually with a **wellness counsellor** or a **Resident Affairs director**.
- You can request our list of **private counsellors, coaches, and family physicians**.



IS THERE A DOWNSIDE?

No! Talking about your struggles is an important first step. We will discuss **privacy & confidentiality** with you at your first appointment and can answer any questions. **We are here to support you!**

03 BOOKING AN APPOINTMENT



Book on the [JANE portal](#)



Email pgaffair@mcmaster.ca



Call the office; 905-525-9140 X22979

TIP

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• KEY RESOURCES •



Postgraduate
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pgme.mcmaster.ca/resident-affairs/

Email
pgaffair@mcmaster.ca



PARO

myparo.ca/helpline/

1-866-HELP-DOC
(1-866-435-7362)



Physician Health Program
php.oma.org/

1-800-851-6606
Email php@oma.org