



Physician Health Program

Services for students and residents



Medical training and residency are particularly stressful times. Lack of sleep, high expectations to learn quickly and perform well, financial concerns, and trying to balance time for self and family are some of the tough realities of medical training.

Medical students and residents may also feel reluctant to seek out help if they are struggling, worrying that it may affect their evaluations. They need not suffer in isolation, help is available. Even if medical training needs to be interrupted in order for someone to obtain appropriate treatment, the Physician Health Program (PHP) can help negotiate a return to training and provide support in the transitions from medical school to residency, and from residency to independent practice.

As part of our comprehensive service, we provide:

- support to medical students and residents who feel troubled or at risk, their families and colleagues
- preliminary assessment
- intervention co-ordination
- referral for counselling and clinical services and
- monitoring, case management and advocacy for substance use disorders, and psychiatric disorders

We respect a caller's privacy and maintain confidentiality to the greatest possible degree. Names of referral sources are also held in confidence when requested.

Are you concerned about your wellbeing?

Our case managers can assist you by listening to your concerns, helping you to clarify if decision need to be made and matching you to appropriate community resources.

Useful resources for medical trainees:

Physician Health Program

<http://php.oma.org/students.html>

Ontario Medical Student Association (OMSA) is the dedicated student voice of the OMA.

<https://www.oma.org/MedicalStudents/Pages/default.aspx>

Scrub In - A publication for medical students in Ontario

<https://www.oma.org/MedicalStudents/Pages/ScrubIn.aspx>

Please contact us directly at:
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