

# QUICK LINKS/CONTACT INFORMATION

## Crisis & 24/7 Supports

### [Crisis Line NS](#)

Free 24/7 support for adults who need someone to talk with

- Text NSSTRONG to 741741
- Front line workers text FRONTLINE to 741741

### [Good2Talk](#)

Free 24/7 support program for university and college students

- Call 1-888-292-3698
- Text GOOD2TALKNS to 686868

### Mental Health Crisis Line

24/7 crisis support and mobile response support

- Call 1-888-429-8167 or (902) 429-8167

### [First Nations and Inuit Hope for Wellness Line](#)

Service is available in Cree, Ojibway, Inuktitut, English and French

- Call 1-855-242-3310

### [Mi'kmaq Crisis and Referral Line NS](#)

24/7 free service and support for Mi'kmaq people in Nova Scotia

- Call 1-855-379-2099 or (902) 379-2099

### [Professional Support Program Helpline](#)

24/7 helpline for residents and their partners and families, and medical students.

- Call 1-855-275-8215 or (902) 468-8215
- Email [professionalsupport@doctorsns.com](mailto:professionalsupport@doctorsns.com)

## Sexual Assault

### [Dalhousie Student Union Survivor Support](#)

An anonymous and confidential phoneline for survivors of sexual violence available daily between 12pm and 12am

- Call or text (902) 425-1066

### [Assaulted Women's Helpline](#)

24/7 telephone crisis line to women who are survivors of sexual violence

- Call 1-866-863-0511

### [Transition House Association of Nova Scotia](#)

24/7 support and resources for women in Nova Scotia who are survivors of sexual violence

- Call or text 1-855-255-0220

#### [Victim Services Emotional Support](#)

Emotional support for survivors of sexual violence, available Monday through Friday from 8am-4pm

- Call 1-902-490-5300

### **Counselling**

#### [Dalhousie Student Wellness Centre](#)

Offers same day counselling appointments

- Call (902) 494-2171

#### [Dalhousie Group Counselling](#)

Offers a variety of group counselling options

- Call (902) 494-2171

#### [Wellness Together Canada](#)

24/7 free counselling and support

- Call 1-866-585-0455 (Adults)
- Call 1-866-668-6810 (Youth)
- Text WELLNESS to 741741 (Adults)
- Text WELLNESS to 686868 (Youth)

#### [Doctors Nova Scotia Wellness Support Line](#)

24/7 free, confidential counselling

- Call 1-855-275-8215

### **Parenting Support**

#### [Dalhousie University Children's Centre](#)

High quality, affordable childcare on campus

- Call (902) 494-7001

## **PHYSICAL WELLNESS**

*Articles Reading Materials*

*Links & Resources*

[CanMeds Physician Health Guide](#) - A Practical Handbook for Physician Health and Well-being

[Epworth Sleepiness Scale](#) - a series of questions to measure daytime sleepiness

[Sleep Education](#) - useful tools and quizzes for sleep

[Canadian Sleep Society](#) - resources for healthier sleeping

[Dieticians of Canada](#) - a tool which provides healthier eating information based on your lifestyle. Includes tools like a BMI calculator, eTracker, recipe analyzer, and nutra-eSTEP for parents.

[Cookspiration](#) - an application developed by the Dieticians of Canada with recipes tailored to your lifestyle, while also tracking nutritional goals.

[ePhysician Health](#) - eLearning modules about nutrition, fitness, weight, and more.

[DalPlex](#) - the Dalhousie fitness facility.

## MENTAL WELLNESS

### *Articles & Reading Materials*

Pfifferling, J.H., & Gilley, K. (2000) [Overcoming compassion fatigue](#). *Family Practice Management*, 7(4), 39-39.

Feist, J.M. (2018) [Dear doctor, get well soon](#). *Mission Magazine, UT Health San Antonio*.

Cohen, J.S., Patten, S. (2002) [Well-being in residency training: a survey examining resident physician satisfaction both within and outside of residency training and mental health in Alberta](#). *BMC Med Educ*, 21.  
<https://doi.org/10.1186/1472-6920-5-21>

Dingle, F.E., & Dingle, A.D. (1999) [Self-reported depression and suicide attempts among U.S. women physicians](#). *American Journal of Psychiatry*, **156**(12), 1887-1894.

Flaherty, J.A., & Richman, J.A. (1993) [Substance use and addiction among medical students, residents, and physicians](#). *Psychiatric Clinics of North America*, 16 (1) 189-197.

[The mental health benefits of being organized](#) - The McGill Tribune

Doctors in Distress | Saving the Live of Those Who Save Lives - TEDx Talks  
<https://www.youtube.com/watch?v=udV0tt6SjbQ>

We Need to Talk | A Story of Loss and Hope - John Hopkins  
<https://www.youtube.com/watch?v=yf3iGsn-XCQ>

Make the Difference: Preventing Medical Trainee Suicide - Mayo Clinic  
<https://www.youtube.com/watch?v=I9GRxF9qEBA>

## *Burnout*

C.M. Balch, J.A. Freischlag, T.D. Shanafelt. (2009) [Stress and burnout among surgeons](#). *Arch Surg*, 144, pp. 371-376

DeChristopher, P.J., Saint Martin, M.C., & Sweeney P.R. (2019) [A Strategy for Wellness in a Pathology Residency Program: Enhancing Chances of Success During an Epidemic of Burnout](#). *SAGE Journals Academic Pathology* 6.

[Burnout Recovery: 11 Strategies to Help You Reset](#) - Healthline

[Burnout Symptoms and Treatment](#) - verywellmind

How to Bounce Back from Burnout in 3 Simple Steps | TEDx  
<https://www.youtube.com/watch?v=OHj38et5L04>

Burnout vs. Depression: Which One Are You? | Psych2Go  
<https://www.youtube.com/watch?v=bPSHOlvAlm8>

Why Doctors are Miserable | The Burnout Epidemic - Med School Insiders  
<https://www.youtube.com/watch?v=kqj-fFra9P0>

## *Basic Scientists*

Chan, C., Oey, N.E., & Tan E.K. (2020) [Mental health of scientists in the time of COVID-19](#). *Brain, Behaviour, and Immunity*, 88:956.

Bira, L., Evans, T.M, & Vanderford, N.L. (2019) [Mental health in academia: An invisible crisis](#). *Physiology News Magazine*, 115. <https://doi.org/10.36866/pn.115.32>

Flaherty, C. (2017) [Aftermath of a professor's suicide](#). *Inside Higher Ed*.

Unmasking mental health issues faced by scientists: addressing the silent pain among us | Science Webinar  
<https://www.sciencemag.org/custom-publishing/webinars/unmasking-mental-health-issues-faced-scientists-addressing-silent-pain>

Messias, E., *et al.* (2019) [Differences in burnout prevalence between clinical professionals and biomedical scientists in an academic medical centre: A cross-sectional survey](#). *BMJ Open* 9, (2).

Mental Health and Early Career Scientists | Canadian Blood Services  
<https://www.blood.ca/en/research/our-research-stories/research-education-discovery/mental-health-early-career-scientists>

## *Links & Resources*

[Suicide Prevention Training](#) - The Canadian Mental Health Association in conjunction with the province of Nova Scotia offer suicide prevention training

[Mental Health and the COVID-19 Pandemic | CAHM](#) - The Canadian Centre for Addiction and Mental Health provides resources and information on how the COVID-19 pandemic affects mental health, and provides resources and information to help.

[Nova Scotia Mental Health and Addictions](#) - this page provides resources, tools, locations, and training for mental health and addictions in Nova Scotia.

[Canadian Suicide Prevention Services](#) - resources, support, and responders for those in need.

[Mental Health Foundation of Nova Scotia](#) - lists of mental health resources and organizations available throughout Nova Scotia.

## *Self Assessment Tools*

[Oldenburg Burnout Inventory](#) - this is a confidential self assessment tool that asks a series of questions to help identify feelings and experiences about your work in order to help you determine if you may be vulnerable to a burnout.

[Mental Well-being Screening](#) - short self-help quiz to help users assess their mental health and wellness.

[Depression Screening](#) - short self-help quiz to help users identify symptoms of depression.

[Anxiety Disorder Screening](#) - short self-help quiz to identify symptoms of anxiety disorder.

[Work-Life Balance Quiz](#) - short quiz by the CMHA to determine balance between work and personal time.

[Mental Health Meter](#) - Canadian Mental Health Association tool for screening and calculating mental health

## **PARENTING AND FAMILY SUPPORTS**

[University Children's Centre](#) - high quality, affordable childcare at the university.  
[NS Childcare Information](#) - provincial child care information for families, including finding childcare, support, and intervention services.

[Child Care Facilities Directory](#) - searchable list of directories for child care facilities in Nova Scotia

[Doctors Nova Scotia Parental Leave Program](#) - information on the parental leave benefits for Nova Scotia doctors

## **FACULTY BENEFITS**

### **Employment Type**

[Regular, full, and part-time employees](#)

[Associated employees](#)

[Grant-paid employees](#)

[Post-doctoral fellows](#)

[Retirees](#)

### **Additional Benefits**

[Employment & Family Assistance Program](#)  
[Johnson Insurance - Home & Car](#)  
[Medavie Blue Cross](#)

To find more information on Employee Wellness Programs and Professional Development click [here](#).

To find more information on the Dalhousie Pension Plan click [here](#).

## DISCRIMINATION RESOURCES

### *RACIAL*

#### **Dalhousie Resources**

[Dalhousie Black Faculty & Staff Caucus Resources](#)

List of employee and community resources for staff.

[Dalhousie Discrimination Policy](#)

[Black Student Advising Centre](#)

A welcoming and supportive space for Black students to seek support on campus.

- Call (902) 494-6648
- Email [bsac@dal.ca](mailto:bsac@dal.ca)

- [Indigenous Student Centre](#)

A safe and supportive space for Indigenous students to seek support on campus.

- Call (902) 494-8863
- Email [isc@dal.ca](mailto:isc@dal.ca)

[International Centre](#)

A space for international students to seek help and support on campus.

- Call (902) 494-1566
- Email [international.centre@dal.ca](mailto:international.centre@dal.ca)

#### *Other Resources*

[African Nova Scotian Affairs | City of Halifax](#)

The African Nova Scotian Affairs Integration Office provides leadership, advocacy and policy advice to the city of Halifax.

- Email [ansaio@halifax.ca](mailto:ansaio@halifax.ca)

#### [Indigenous Services | City of Halifax](#)

The Indigenous Services Office provides information, history, leadership, and advocacy advice to the city of Halifax.

- Email [indigenous@halifax.ca](mailto:indigenous@halifax.ca)

#### [Black Health Alliance](#)

BHA is a community led charity that works to improve the health and wellbeing of Black communities in Canada.

- Email [info@blackhealthalliance.ca](mailto:info@blackhealthalliance.ca)

## *LGBTQ2SIA+ Resources*

### **Dalhousie Resources**

#### [Queer Faculty & Staff Caucus](#)

QFSC aims to seek a positive change to ensure that LGBTQ2SIA+ members of the community feel comfortable and equal as members of the Dalhousie community.

- Email [QFSC@dal.ca](mailto:QFSC@dal.ca)

#### *Other Resources*

#### [LGBTQ2SIA+ Resources | Halifax Pride](#)

List of resources available for LGBTQ2SIA+ persons in Halifax

## *Disability Services*

### **Dalhousie**

#### [Dalhousie Academic Support Office | Accessibility](#)



The Academic Support Office provides resources, help, and accommodations for students with both physical and learning disabilities through creating an accessible environment.

- Call (902) 459-2994
- Email [access@dal.ca](mailto:access@dal.ca)

[Dalhousie Disability Advocacy Society](#)

DDAS aims to raise awareness of disabilities through conversation and promotion of information.

- Email Sam at [sm841666@dal.ca](mailto:sm841666@dal.ca)

[Dalhousie Accessibility Map](#)

This map outlines the Dalhousie campus, and where ramps, parking, and washrooms are accessible.