



# **RESIDENT**

## **PHYSICIAN**

### **WELL-BEING RESOURCES**

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# WELCOME

## MESSAGE

Resident Affairs provides advice, support and navigation related to learner health and well-being, personal challenges, academic advising, financial health, career counselling, as well as mistreatment/learning environment concerns.

### DMNS RA Team

Dr. Carolyn Thomson, Assistant Dean

Tyler Hall, Director

Dr. Roberta Preston, Learner Development Officer

Gail Hodder, Learner Engagement Coordinator

Tanya Matheson, Evaluation Specialist

### DMNB RA Team

Dr. Lisa Sutherland, Assistant Dean

Dr. Renea Leskie, Director

Rebecca Comeau, Advisor

Lisa Russell, Coordinator

[Reach out to our team with your questions or to book an appointment.](#)



**DALHOUSIE**  
UNIVERSITY

FACULTY OF MEDICINE



# OFFICE OF PROFESSIONAL AFFAIRS

The Faculty of Medicine is committed to providing a learning environment that is safe, professional, and respectful. All members of our community share this right and responsibility. Part of our commitment to creating and maintaining this type of learning environment includes having clear reporting mechanisms and processes in place to address the mistreatment of Learners by faculty, staff, peers, and others involved in medical education.

Do you have concerns about your current learning environment? At Dalhousie we consider there to be “no wrong door” to use to initiate a discussion on mistreatment in the learning environment. Resident Affairs team members can provide support in such situations and help you navigate any confidential reporting process through the Office of Professional Affairs. For confidential reporting and further support please visit the Faculty of Medicine, Office of Professional Affairs website, or proceed directly to Confidence Line where you can make an anonymous or named report. [\*Dalhousie University Faculty of Medicine – ConfidenceLine\*](#)

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# BIPOC

*Keknu'tmasiek Tan Tel Welo'timk "We Learn Healing"* - Global Health Office - [Dalhousie University contact: ihim@dal.ca](mailto:ihim@dal.ca)



Support for the academic success of Indigenous medical learners. [For more information click here.](#)

**Mi'kmaw Native Friendship Centre** - (902-420-1576) Their primary roles are to provide Indigenous people living in urban areas with services ranging from social programming to culture and events. [For more information please click here.](#)

# BIPOC

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## *PLANS - Global Health Office - Dalhousie University*

Supports African Nova Scotian/Black Learners in their journey to become health professionals through a variety of programs and resources.



### **BIPOC Led and Anti-Racism Organizations in the Maritimes**

- Black Lives Matter Solidarity Fund NS
- Community Aid Fund for our 2SLGBTQ, Racialized and Otherwise Marginalized Neighbours
- Nobody is Illegal - Halifax & Fredericton
- The Delmore “Buddy” Daye Learning Institute
- African Nova Scotian Decade for People of African Descent Coalition-DPAD
- PEI Association for Newcomers to Canada (PEIANC)
- Under One Sky Friendship Centre – [www.uosfc.ca](http://www.uosfc.ca)

# LGBTQIA2S+

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## *Dal 2SLGBTQ+ Advisor*

The 2SLGBTQ+ Advisor (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and any non-normative identities) supports students through 1-1 advising, group programming, and campus-wide educational events to create a student experience that is meaningful and facilitates a sense of belonging.



## *Chroma NB*

Chroma: Pride, Inclusion, Equality Inc. is a non-profit organization that provides support for 2SLGBTQIA+ people in the Saint John Region. Chroma commits to advocating for and collaborating with our community, as well as providing 2SLGBTQIA+ education to all.

# LGBTQIA2S+

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## *Trans\* Safe Spaces in the HRM*

List of trans-safe facilities including barbers, hairdressers, airlines, grocery stores etc.



## *True Colours, UNB Saint John*

True Colours it's about making a more inclusive space on the Saint John campus for everyone. We hope to start organizing events very soon! Additionally, we advocate for students so they can be comfortable being themselves at university.

## *South House Sexual and Gender Resource Centre*

South house provides resources, referrals and anti-oppressive education on issues of gender and sexual justice. Located on 1443 Seymour Street around the side entrance, accessible by ramp, underneath the Dalhousie Faculty Association.





## **MENTAL HEALTH & COUNSELLING SERVICES**

*"It's okay to take a break and  
prioritize your mental health."*

# MENTAL HEALTH RESOURCES-NOVA SCOTIA

- [Dalhousie Mental Health Services](#)
- [NSHMental Health and Addictions](#)
- [Provincial Mental Health & Addictions Crisis Line- 1.888.429.8176](#)
- [Avalon Sexual Assault Clinic](#)

# MENTAL HEALTH RESOURCES-NEW BRUNSWICK

- [UNB Saint John Student Health & Counselling Centre](#)
- [New Brunswick Medical Society](#)
- [Family Plus/Life Solutions](#)
- [Sexual Violence New Brunswick](#)

# MENTAL HEALTH RESOURCES-PEI

- [Medical Society of PEI Physician Health Program](#)

# CRISIS LINES

- CHIMO Help Line Inc. (Crisis Line 1-800-667-5005)
- Mobile Mental Health Crisis Services (1-888-811-3664) Or text the [\*Crisis Text Line from Service Canada\*](#): Text HOME to 686868
- 988 hotline for those facing mental health crisis across Canada

# OTHER RESOURCES

- *Togetherall* - 24/7

Online [peer-to-peer mental health platform](#) for ages 16-29

- *Anxiety Canada* - free [MindShift C.B.T. groups](#)
- *Good 2 Talk* - free/confidential helpline for post-secondary students in Canada that is available 24/7. They offer confidential counseling services via phone/text and can provide information about mental health resources in the area. **Call: 1-833-292-3698 or text GOOD2TALKNS to 686868.**
- *The Wellbeing Lab PERMAH* - survey which [links to their toolbox and well-being dashboard:](#)
- *Breathing Space, Acceptance and Commitment Therapy* - - inspired [evidence based modules](#), broken into small pieces:

- [RDocs Fatigue Risk Management Toolkit](#)
- [AMA Steps Forward](#)
- [Resident and Fellow Burnout: Create a Holistic, Supportive Culture of Well-Being](#)
- [Physician Wellness Hub | CMA](#)





# SPIRITUAL WELLNESS

[Dalhousie Spiritual Team](#)

[UNB Saint John Campus Ministry](#)

# FOOD SECURITY

DMNS Dalhousie Student Union Foodbank. [Located on the Dalhousie Studley Campus in the SUB.](#)

[Feed Nova Scotia](#)

[Prince Edward Island Foodbank](#)

DMNB UNB Foodbank Programs:

1. [Hamper Foodbox](#)
2. [Fresh Food Bags](#)
3. [UNBSU Garden](#)