

CNO REGISTERED NURSES**Nurses Health Program**

- A voluntary program designed to encourage Ontario nurses to seek treatment for substance abuse and/or mental health disorders that may impact their ability to practice safely.
- Visit [NHP](#) or call **1.833.888.7135**

PHYSICIANS, RESIDENTS & FELLOWS**Physician Health Program**

- Confidential counselling, crisis support & access to mental health supports for physicians, residents, fellows, medical students and their families
- Visit [PHP](#) or call **1.800.851.6606**

Professional Association of Residents Ontario (PARO)

- 24/7 Helpline for all residents or medical students and their partners/families
- Visit [PARO](#) or call **1.866.435.7362**

PHYSICIANS & CREDENTIALLED PROFESSIONAL STAFF**Schulich Wellbeing Program**

- Confidential Peer Support
- Visit [Wellbeing Program](#) or email faculty.wellbeing@schulich.on.ca

LifeWorks Western University

- Employee Assistance Program for Faculty
- Visit Western's [EAP](#) or call **1.844.880.9142**

Your source for WELLNESS

- Customized Wellness Services
- Personalized Wellness Consultations
- Stress and Resiliency Support
- Healthy Lifestyle Information & Resources

Your source for FITNESS

- In-person & Virtual Fitness Programs
- Onsite Fitness Centre
- Running/Walking Group
- Microbreaks

wherewellnessworks@lhsc.on.ca

[Where Wellness Works LHSC Intranet](#)

Your source for STAFF SUPPORT

- Real-time emotional support and practical assistance
- Help for teams after distressing events
- Available to all staff, physicians, affiliates, volunteers and learners
- Call our pager **24/7** at **519.685.8500 ext. 18182**
- Email general inquiries

Need more support, want help or have questions?

StaffSupportProgram@lhsc.on.ca

[Staff Support Program LHSC Intranet](#)

OCCUPATIONAL HEALTH & SAFETY SERVICES

Have concerns about your health, a work-related injury or need an accommodation?

- **Victoria Hospital - E1-505 ext. 52286**
OHSS_Appointments_VH@lhsc.on.ca
- **University Hospital - A1-450 ext. 33201**
OHSS_Appointments_UH@lhsc.on.ca

[Occupational Health & Safety Services](#)
[LHSC Intranet](#)

Looking for additional support for yourself or family members?

- Visit [Homewood Health](#) - Employee Family Assistance Program (EFAP). Call 24/7 at **1.800.663.1142**
- Visit [Green Shield](#) or learn more at [LHSC Benefits](#)

Need help now? Visit [Reach Out](#): Free, 24/7, confidential mental health and addictions support and services for people living in Elgin, Middlesex and Oxford and London. Phone or text **519.433.2023** or **1.866.933.2023**. [Web Chat](#) is also available.