

# Stressed or Distressed?

## Sources of assistance for residents

### Human Solutions – Employee Assistance Program (<http://www.humansolutions.ca>)

Human Solutions provides counseling, substance abuse and addictions, behavioral health care, bereavement and crisis management.

All services are fully covered for all residents within Hamilton Health Sciences Corporation.

### PAIRO Helpline: 1 866 HELP-DOC

The PAIRO 24 Hour Helpline is available to residents, their partners and family members, as well as medical students. In order to provide this service, PAIRO has partnered with Distress Centres of Toronto and counselors provide counseling or referrals support related to:

- Stress management
- Eating disorders
- Sexual, emotional or physical abuse
- Anxiety
- Anger management
- Depression
- Gender issues
- Intimidation or harassment
- Substance abuse
- Relationship counseling
- Career or work-related crisis
- Sexual issues

### Postgraduate Medical Education Office

McMaster University - MDCL 3101  
(905) 525-9140 ext. 22118

**Resident Support Systems Handbook can be found on the Postgrad Website:**

<http://www.fhs.mcmaster.ca/postgrad/documents/Support%20Booklet%202008.pdf>

**Chaplaincy Centre at McMaster University**  
(<http://www.mcmaster.ca/chaplain/index.html>)

(905) 525-9140 Ext 24207  
E-Mail: [chaplain@mcmaster.ca](mailto:chaplain@mcmaster.ca)

## **Child care**

Learn more about day care in the Hamilton area at **Co-ordinated Access for Child Care** (<http://www.cafcc.on.ca/index.php>).

## **Need more information?**

Contact your chief residents, PAIRO representatives, program director or the postgraduate medical education office.

## **Harassment:**

<http://www.mcmaster.ca/hres/flash/McMaster2005.swf> - HRES Toolbox on Harassment, Discrimination, and Bullying

<http://www.mcmaster.ca/senate/hrngenrl/antidisc.htm> - Anti-Discrimination Policy

<http://www.mcmaster.ca/senate/hrngenrl/sxharass.htm> - Sexual Harassment Policy