

Your Source for WELLNESS

- Customized Wellness Services
- Stress and Resiliency Support
- Healthy Lifestyle Information & Resources
- Wellness Champion Network
- Wellness Rounds

Your Source for FITNESS

- 24/7 Onsite Fitness Centres (UH/VH)
- Group Fitness Classes
- Running 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
- Need support? Call the Pager 24/7 at **519.685.8500 ext. 18182**
- Email any 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 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 - Pathfinder](#) Employee Family Assistance Program (EFAP). Call 24/7 at **1.800.663.1142**
- Eligible for benefits? Visit [Green Shield](#) or learn more at [LHSC Benefits](#)

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**

Schulich Wellbeing Program

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

Telus Health - Western University

- Employee Assistance Program for employees and their family members
- Visit Western's [EAP](#) or call: **1-855-597-2105** anytime - no account setup required

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**

Need help now? Call the Staff Support Pager Ext. 18182 or visit [Reach Out](#): Free, 24/7, confidential mental health and addictions support 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.

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