EMPLOYEE ASSISTANCE PROGRAM

POST DOCTORAL FELLOWS (employees of UHN who have signed on for the benefits plan)

Your Employee Assistance Program (EAP) offered by [Morneau Shepell](http://www.morneaushepell.com/ca-en) is a voluntary, confidential counselling and referral service for you and your immediate family members. Family members, spouse and dependents as defined in your benefit plan - are eligible to use the EAP.

The program is designed to help you with personal or work-related pressures and stress BEFORE they lead to more serious difficulties.

EAP covers a broad range of concerns that you or your family members may be experiencing. *“Covers” means that you don’t have to pay to use this service.*

Office of Research Trainees-UHN

101 College Street

13th floor

Toronto M5G 1L7

Phone 416-634-8775

www.uhntrainees.ca

These concerns may include:

|  |  |
| --- | --- |
| Family and Parenting | Gambling |
| Childcare and Eldercare | Career and Vocational |
| Marital or other Relationships | Grief |
| Personal and Emotional | Health |
| Stress (including job-related) | Financial |
| Anxiety and Depression | LegalLife is hardIt’s OK to ask for help. |
| Alcohol and Drugs |   |

Toll-free, 24 hours a day, 7 days a week

1st time appointments and counselling: 1 800 387-4765

General information: 1 888 814-1328

**My EAP** mobile application available on the [App Store](http://itunes.apple.com/us/app/my-eap/id436292883?mt=8&ls=1)

**Kind & Practical Help**



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# UHN & ORT Emergency & Community Resources

Date of publication

UHN Emergency

|  |  |
| --- | --- |
| PM, TGH, TWH, KDT, TRI-UC, TRI-LC, TRI-RC | 5555 |
| Police, Fire, Medical | 911 |
| TRI-UC Secu | 416-597-34223070 |
| TRI-LC Security | 416-597-3422x6226 |
| TRI-BC Security | 416-597-3422x2503 |

UHN COMMUNITY

|  |  |
| --- | --- |
| TRI Trainee Executive | tritraineecommittee@gmail.com |
| Office of Research Trainees | ort.admin@uhnresearch.ca |
| Oasis Wellness Centre cu | TGH -1 NU 168 near Tim Horton’s |
| WalkSafe! (if you want an escort when walking between your vehicle and work) | Call Security |
| Occupational Health & Safety | * Heather Pattenden 416-597-3422 x3775
* Deb Poeta416-790-4683 (cell); 416-597-3422 x 3051 /2167 / 6261
* Mt Sinai emerg (UC)
* Sunnybrook emerg (RC/LC)
 |
| BCLCRCUCPM TGH TWH | 🡪 Bickle Centre🡪 Lyndhurst Centre🡪 Rumsey Centre🡪 University Centre🡪 Princess Margaret🡪 Toronto General Hospital🡪 Toronto Western Hospital | @ 130 Dunn Ave.@ 520 Sutherland Dr.@ 345 & 347 Rumsey Rd. @ 550 University Ave.@ 610 University Ave.@ 200 Elizabeth St.@ 399 Bathurst St. |

TORONTO COMMUNITY

## Mental Health Distress

|  |  |
| --- | --- |
| Anishnawbe 24/7 Mental Health Crisis Management Service (Aboriginal clients) | 416-891-8606 |
| Drug and Alcohol Helpline (Ontario) | 1-800-565-8603 |
| Gernstein Centre Mental Health 24hr Crisis Line | 416-929-5200 |
| Good2Talk Post-Secondary Student Helpline | 1-866-925-5454 |
| LGBTQ Youth Line | 1-866-268-9688 |
| Mental Health Helpline (Ontario) | 1-866-531-2600 |
| Ontario Problem Gambling Helpline | 1-888-230-3505 |

## SEXUAL ASSAULT/SAFETY

|  |  |
| --- | --- |
| Assaulted Women’s Helpline | 416-863-0511 | TTY 416-364-8762 |
| Distress Centres | 416-408-4357 |
| Hope 24/7 (Peel Rape Crisis Centre) | 1-800-810-0180 |
| Sexual Assault/Domestic Violence Care Centre  | 416-323-6040 |
| Support Services for Male Survivors of Sexual Abuse | 1-866-887-0015 |
| Toronto Rape Crisis Centre | 416-597-8808 |
| Victim Support Line (Ontario) | 416-314-2447 |
| Women’s Support Network of York Region | 1-800-263-6734 or 905-895-7313 |