

# RESOURCES AND SUPPORT SERVICES

A quick reference for PGME Residents at the University of Saskatchewan

## ACADEMICS

- | PGME Policies & Procedures
- | Academic strategist/Coaching, Learning assessments, Clinical & Exam accommodations
- | Transition to Residency/Practice

**Contact:**

**PGME Resident Resource Office (RRO)**  
gayathri.manoharan@usask.ca  
306-966-1669 | HLTH 3A10.8

## ADDICTION SUPPORT

**Contact:**

**SMA Physician Health Program (PHP)**  
Brenda Senger: 306-657-4553 (Saskatoon)  
Jessica Richardson: 306-359-2750 (Regina)

## COUNSELLING SERVICES

**Contact:**

**Employee and Family Assistance (EFAP)**  
Phone: 1-855-575-1740 (24/7, toll-free)  
**SMA Physician Health Program (PHP)**  
Brenda Senger: 306-657-4553 (Saskatoon)  
Jessica Richardson: 306-359-2750 (Regina)  
**PGME Resident Resource Office (RRO)**  
gayathri.manoharan@usask.ca

## EMOTIONAL SUPPORT

- | Anxiety, Depression, Stress, Grief, Loss and life adjustments, Relationship/marital conflicts

Digital Mental Health Supports: MindBeacon

**Contact:**

**Employee and Family Assistance (EFAP)**  
Phone: 1-855-575-1740 (24/7, toll-free)  
**SMA Physician Health Program (PHP)**  
Brenda Senger: 306-657-4553 (Saskatoon)  
Jessica Richardson: 306-359-2750 (Regina)

## FINANCIAL DISTRESS

**Contact:**

**SMA Medical Benevolent Society**  
Brenda Senger: 306-657-4553 (Saskatoon)  
Jessica Richardson: 306-359-2750 (Regina)

## WORKPLACE HARASSMENT

- | Anonymous Reporting Line: **ConfidenceLine** or Phone: 1-844-966-3250

**Contact:**

**PGME Resident Resource Office (RRO)**  
**PGME Associate Dean, Dr. Anurag Saxena**  
**U of S Discrimination and Harassment**  
**Prevention Services (DHPS)**

## LEGAL GUIDANCE

- | Divorce, adoption, family law, wills, trusts and more
- | Free 30 minute consultation and a 25% reduction in fees.

**Contact:**

**Employee and Family Assistance Program (EFAP)**  
Phone: 1-855-575-1740 (24/7, toll-free)

## WELLNESS TOOLS

- | Weight management, Nutrition, Exercise, Weight loss, Smoking cessation

**Contact:**

**Employee and Family Assistance Program (EFAP)**  
Phone: 1-855-574-1740 (24/7, toll-free)

## WORK-LIFE SOLUTIONS

- | Finding child and elder care, Hiring movers or home repair contractors, planning events, locating pet care

**Contact:**

**Employee and Family Assistance Program (EFAP)**  
Phone: 1-855-575-1740 (24/7, toll-free)

*For further assistance, contact  
Gayathri Manoharan, PGME Resident  
Wellness Coordinator*

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