What is the Resident Wellness Office?

The Resident Wellness Office provides free and confidential counselling to all UBC medical residents and their spouses or common-law partners. Counselling is available over the phone, via Skype, and in-person at Vancouver General Hospital and Surrey Memorial Hospital. We also provide group support, workshops, referrals to other helping professionals, and more. Contact us today to learn more!

Some Reasons to Contact

- Seeking support around stress and time management
- Improving communication at work and with loved ones
- Learning ways to manage moods (depression, anxiety)
- Support in dealing with a loss or life transition

How to Contact

1 855 675 3873
resident.wellness@ubc.ca
www.postgrad.med.ubc.ca/resident-wellness