

## MEMO

**Date:** April 8, 2020  
**To:** All Physicians and Medical Students, Residents and Fellows  
**From:** **Dr. Jitender Sareen**  
Specialty Lead, Mental Health and Addictions, Shared Health  
**Ben Fry**  
Interim Chief Operating Officer, Mental Health and Addictions, Shared Health  
**Re: MDCare Virtual Mental Health Services & Supports**

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All Manitoba physicians and medical students are reminded of the options available to you if you are in need of mental health services or supports.

Physicians may contact MDCare by leaving a voice message at 204-480-1310. This service is also open to physician spouses and dependent children aged 18 and under.

Medical learners (students, residents and fellows) may access services and supports by contacting Services for Students at 204-272-3190.

Additional mental health resources and support for health care workers are available through the Employee Assistance Program and a number of other programs. Resources are listed at <https://sharedhealthmb.ca/covid19/providers/> under “Mental Health Resources for Health Care Workers and the Public”.