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<ul style="list-style-type: none"> • <i>What is my concern?</i> • <i>Who do I contact?</i> 	Navigating the aftermath of a critical incident or crisis situation in a clinical setting?	Confidential concerns? Matters you don't want to discuss with your program?	Experiencing mistreatment or learning site concerns? Unsure about reporting?	A workplace conflict? Need advice navigating personal relationships?	Concerns about your health? Or maintaining work/life balance?	Accommodations? Support for academic performance? Want help with study or time management tips?
A CRISIS SITUATION?	Calgary Distress Centre		24 Hour Crisis line: 403-266-4357			
Directors of Resident Support						
Program Ombudsman						
Program Director						
Office of Resident Affairs and Physician Wellness						
Learning and Education Support Specialist						
Peer Support Network						
PG Dean						
Physician and Family Support Program (PFSP)						
Precision Equity and Social Justice Office						
Health Care Provider					