



ROCKY MOUNTAIN
Internal Medicine

OUR STORIES

Resident Night at RMIM20

Thursday, November 19 from 5:20 p.m.-6:00 p.m. MST

Hosted by Dr. Suhair Bandeali, PGY-4

We are all affected. We feel it in our own lives, or we love and care about someone who does. But we don't talk about it.

Our Stories is a forum for residents to share their lived experiences with mental illness and burnout, so we can work to de-stigmatize mental illness in medicine.

Let's start sharing our stories about mental health and burnout. Let's silence the stigma so nobody ever feels alone, because we truly aren't.

Led by residents, for residents.

Please visit www.rockymountainIM.com/ourstories for more information and to register!*



*Please note registration for RMIM20 is required in order to attend this event

OUR STORIES

Resident Night at RMIM20

Thursday, November 19 from 5:20 p.m.-6:00 p.m. MST

What is 'Our Stories'?

Our Stories was originally created by medical students at the University of Ottawa in 2016 to promote a culture of openness and dialogue amongst trainees and end the stigma of mental health and burnout in medicine.

Our Stories is a forum for residents to share their lived experiences with mental illness and burnout, so we can work to de-stigmatize mental illness in medicine.

Residents have the opportunity to gather at RMIM20 (virtually) to read their own or anonymously submitted stories of personal lived experiences with mental illness and burnout. It can be the form of a story, a letter, a poem, or really anything you would like it to be!

Led by residents, for residents.

Let's...

- Destigmatize mental illness
- Open a dialogue about burnout
- Foster a sense of belonging and solidarity
- Support our fellow residents
- Encourage informal conversations about mental illness among residents

Let's turn the awareness into change. Let's share our stories and #SilenceTheStigma.

Do I have to share a story?

There is no requirement! If you have a story to share, we want to hear it! If you don't, or don't feel ready or comfortable to share yet, that's okay! Come, listen, and support your fellow residents.

How do I share a story?

Register online at www.rockymountainIM.com/ourstories. Your name will not be shared with anyone. You do not have to send us anything, just be ready to share at the event.