ACADEMIC SUPPORT

Advising
dal.ca/advising
902-494-3077 / advising@dal.ca
The Student Success Centre helps students with academic planning (choosing/changing or transferring courses, creating a schedule, etc.) and supporting their educational, career and life goals.

Accessibility
dal.ca/accessibility
902-494-2836 / access@dal.ca
The Accessibility team works with students who request accommodation as a result of a disability, a religious obligation or any experienced barriers related to any other characteristic protected under Canadian Human Rights legislation.

Assistant Deans
- Faculty of Architecture & Planning
  Martha Barnstead (902-494-3210)
  martha.barnstead@dal.ca
- Faculty of Arts & Social Sciences
  Cathy Smith (902-494-1439) cathy.smith@dal.ca
- Faculty of Computer Science
  Anne Publicover (902-494-1199) annep@cs.dal.ca
- College of Continuing Education
  Chris Cameron (902-494-8822) chris.cameron@dal.ca
- Faculty of Dentistry
  Jo-Anne Roski (902-494-2274) J.Roski@Dal.Ca
- Faculty of Engineering
  Cathy Wood (902-494-3267) cathy.wood@dal.ca
- Faculty of Graduate Studies
  Stephanie Theriault (902-494-4317) fgs.deans.assistant@dal.ca
- Faculty of Health Professions
  Cheryl Brown (902-494-3327) fhp@dal.ca
- Schulich School of Law
  Elizabeth Sanford (902-494-2114) elizabeth.sanford@dal.ca
- Faculty of Management
  Sarah Chamberlain (902-494-6967) DeanManagement@dal.ca
- Faculty of Medicine
  Joanne MacDonald (902-494-8722) joanne.macdonald@dal.ca
- Faculty of Science
  Joanne Wells (902-494-3540) joanne.wells@dal.ca

MENTAL HEALTH & WELLNESS

WellTrack
dal.ca/welltrack
A free, online self-help program that targets depression, anxiety, stress, and phobias. A WellTrack Coach is also available to help motivate the student and maximize the benefits of WellTrack.

Workshops & Online Resources
dal.ca/livewell
Mindfulness, self-care, managing anxiety, resilience, Inquiring Minds etc.

Stay Connected
dal.ca/stayconnected
A team of on-campus peer support who provide free, non-judgmental, and confidential mental health support to Dal students.

I.M. Well Program
(for international students only)
www.internationalhealth.ca/dsu
1-877-234-5327 / App store: I.M. Well
Confidential support, available 24/7 and in 180 languages:
- Academic support
- Addiction
- Crisis
- Personal Counselling
- Stress Management
- Anxiety and Depression
- Relationship Counselling
- Legal advice
- Nutrition tips

Mental Health Mobile Crisis Team
902-429-8167
Community services that provides intervention and short-term crisis management for children, youth and adults experiencing a mental health crisis.

PROSocial Project
theprosocialproject.ca
This website mental health and substance abuse advice and support resources, created for Dal students by Dal students.

APNS.ca – find a psychologist in Nova Scotia

Student Health Insurance Plan – Preferred practitioner network | www.dsu.ca/healthplan
Find local practitioners that work with the DSU Student Health Plan. The preferred list offers direct billing and student friendly pricing.
SEXUAL HARASSMENT

Human Rights & Equity Services (HRES)
dal.ca/respect
902-494-6672 / dalrespect@dal.ca
Provides on-campus support for students who have experienced any form of sexual harassment.

**Avalon Centre**
avaloncentre.ca
902-422-4240
A Halifax-based organization that provides the 24/7 Sexual Assault Nurse Examiner (SANE) Response Line (902-425-0122) for anyone who has experienced a sexual assault in the past five days (120 hours).

Avalon also offers individual therapeutic counselling, group sessions and workshops. For more information, visit their website.

SOLVING PROBLEMS

Human Rights & Equity Services (HRES)
dal.ca/respect
902-494-6672 / dalrespect@dal.ca
Confidential advice, mediation & support for the Dalhousie community. Students can be referred to HRES with complaints of:
- Harassment (physical or criminal)
- Bullying
- Sexual violence
- Hazing
- Discrimination

**Dalhousie Case Manager**
dal.ca/livewell
Dalhousie Student Health & Wellness has social worker Hazel Ling who can support students who are having challenges with:
- Stress with school, work, life, family etc.
- Immediate crisis situations
- Relationship issues
- Practical issues with housing, food, finances, etc.

Call 902-494-2171 to make an appointment, check website for drop-in hours or use the online student referral form available.

**Dalhousie Student Advocacy Service**
dsu.ca | dsas@dal.ca
Three branches to help students:
- Advocacy
- Education & outreach
- Policy review

Equity & Accessibility Office
dsu.ca/equity | dsuequity@dal.ca

**Ombudsperson**
dal.ca/ombudsperson
902-494-2665 | ombuds@dal.ca
Provides independent, impartial and confidential support to students who want to resolve any university-related concerns, including:
- Advising students of their rights & responsibilities and university procedures
- Facilitating discussions between appropriate university administrators
- Making referrals to appropriate offices and resources

**Problems in Residence**
For issues in residence, contact a Residence Life Manager (RLM’s):

**Gerrard Hall:** Colton White
902-494-1485
colton.white@dal.ca

**Howe Hall:** Jeff Wilson
902-494-1055
jd.wilson@dal.ca

**Shirreff Hall, Mini-Rez & Residence Houses:** Jamal Nickie
902-494-7169
jamal.nickie@dal.ca

**Risley & LeMarchant:**
Currently vacant (August 2017)
Contact above

Students can also contact their Residence Assistant (RA) for peer support.

**Student Conduct Office**
dal.ca/think | 902-494-4140
lyndsay.anderson@dal.ca
Provides assistance, support, and processes for students dealing with:
- Student-student conflicts
- Student-neighbour issues
- Student-landlord problems
- Student-faculty issues

Focusing on respect, responsibility, and community as guiding principles, the office directly supports the University Code of Student Conduct and the Residence Codes of Conduct.