



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.