

Student Physician Well-Being Resources

JULY 2025

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Welcome

A Message from Student Affairs

Student Affairs provides advice, support and navigation related to learner health and well-being, personal challenges, academic advising, financial health, career counselling, elective planning, student initiatives/project ideas, as well as mistreatment/learning environment concerns.

| DMNB Student Affairs | DMNS Student Affairs | CBMC Student Affairs |
|---|--|---|
| Dr. Lisa Sutherland, Assistant Dean | Dr. Anna MacLeod, Assistant Dean (Effective Sept 1, 2025) | Dr. Annalee Coakley, Assistant Dean |
| Dr. Renea Leskie, Director | Tyler Hall, Director | |
| Rebecca Comeau, Advisor | Rigel Biscione-Cruz, Advisor | Alyssa MacDonald, Advisor |
| Lisa Russell, Learner Engagement Coordinator | Gail Hodder, Learner Engagement Coordinator | Eli Quirk (They/ Them), Learner Engagement Coordinator |
| | Alvaro (Al) Tomas, Learner Communications Manager | |

[Complete Student Affairs Contact Information here](#)

Career Advising

| DMNB Campus | DMNS Campus | CBMC Campus |
|--|--|---|
| Dr. Lisa Sutherland | Dr. Hughie Fraser Dr. Katie Lines | Dr. Annalee Coakley |
| To book with Dr. Sutherland: sutherlandl@dal.ca | To book with an advisor: Gail.Hodder@dal.ca | To book with Dr. Coakley: annalee.coakley@dal.ca |

Office of Professional Affairs (OPA)

The OPA receives and responds to reports of unprofessional behaviour or learner mistreatment in the academic or clinical environment.

| DMNB Campus | DMNS Campus | CBMC Campus |
|------------------------------|---------------------|--|
| Dr. Sam Gray, Assistant Dean | TBA, Assistant Dean | Dr. Steven MacDougall, Assistant Dean |

[Complete Information on the OPA here](#)

DMAA & CMA Supports

DMAA Micro-Mentorship Program

Co-created by the Faculty of Medicine Alumni Office and Student Affairs, the Faculty of Medicine Mentorship Program is a fantastic way for students to connect with MD alumni in a one on-one conversation.

[Click here for more information](#)

Canadian Medical Association: Province-Specific Support Program

Sponsored in-part by the CMA, this program, launched during the COVID-19 pandemic, provides physicians and medical learners with another route to reach out for support. Click 'select a province or territory' on this [landing page](#) for more information.

Physician Wellness Hub, CMA

Provides reliable wellness tools and resources to empower physicians, medical learners, including student and resident leaders and educators to create change in the culture of medicine. Click [here for more information](#).

New Brunswick Medical Society Student & Resident Orientation Guide

The NBMS offers free membership to all New Brunswick medical students and post-graduate residents attending accredited medical schools, which provides access to a wide variety of programs and benefits.

Click [here](#) for NBMS' orientation guide.

BIPOC Resources

Keknu'tmasiek Tan Tel Welo'timk (KW) – Global Health Office

KW provides support for the academic success and graduation of Indigenous medical learners. Click [here](#) for complete information

The Indigenous Student Centre offers a supportive environment for students to gather, meet other students, and have access to supports and services.

Mi'kmaw Native Friendship Centre

Their primary roles are to provide indigenous people living in urban areas with services ranging from social programming to culture and events.

Providing Leaders (PLANS) – Global Health Office (Dalhousie University)

PLANS provides support for the academic success and graduation of Indigenous medical learners. Click [here](#) for complete information

Black Student Advising Centre

A welcome & supportive community for Dal & Kings Students.
[Click here for complete information](#)

BIPOC Led and Anti-Racism Organizations in the Maritimes

1. Black Lives Matter Solidarity Fund NS
2. Community Aid Fund for 2SLGBTQIA+, racialized and marginalized neighbours
3. Nobody is Illegal – Halifax & Fredericton
4. The Delmore "Buddy" Daye Learning Institute
5. African Nova Scotian Decade for People of African Descent Coalition (DPAD)
6. PEI Association for Newcomers to Canada (PEIANC)
7. Under One Sky Friendship Centre

2SLGBTQIA+ Resources

Dal 2SLGBTIA+ Advisor

The 2SLGBTQ+ Advisor (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and any non-normative identities) supports students through 1-1 advising, group programming, and campus-wide educational events to create a student experience that is meaningful and facilitates a sense of belonging.

Chroma NB

Chroma: Pride, Inclusion, Equality Inc. is a non-profit organization that provides support for 2SLGBTQIA+ people in the Saint John Region. Chroma commits to advocating for and collaborating with our community, as well as providing 2SLGBTQIA+ education to all.

The Canadian Queer Medical Student Association

Nova Scotia Health, Gender, and Sexuality Resources

The Youth Project

The Youth Project is a non-profit charitable organization dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. We have a provincial mandate and host staff/volunteers in the HRM, Cape Breton, the Valley, and the South Shore and travel around the province to meet with youth in other communities. We provide a variety of programs and services including support groups, referrals, supportive counselling, a resource library, educational workshops, social activities.

The Cape Breton Youth Project

The Cape Breton Youth Project is in the Eltuek Arts Centre.

Mental Health & Counselling Services Resources

Crisis Lines

1. Dial **988** Suicide Crisis Helpline
2. Mobile Mental Health Crisis Services – 1 888 811 3664 or
3. Crisis Text Line from Service Canada - text "HOME" to 686868

Mental Health Resources – NS

1. [Dalhousie Mental Health Services](#)
2. [Dalhousie Student Health and Wellness](#)
3. [Mental Health and Addictions](#)
4. [Provincial Mental Health & Addictions Crisis Line](#) – 1.888.429.8176
5. [Avalon Sexual Assault Clinic](#)

Mental Health Resources – NB

1. [UNB Saint John Student Health & Counselling Centre](#)
2. [New Brunswick Medical Society](#)
3. [Family Plus/ Life Solutions](#)
4. [Sexual Violence New Brunswick](#)

Mental Health Resources – CB

1. [CBU Student Health & Counselling](#)

Private Health Insurance

Many insurance plans (including plans offered through Dal, CBU, and UNB) offer some coverage for private counseling/psychology services. Reach out to your health insurance provider to see what is available based on your personal health plan.

Other Resources

1. **Wellness4MD** - Canadian medical students and residents can subscribe by texting **WELLMD** (English) or **BIENMD** (French) to **1-855-947-4673**. Optional program evaluation surveys are available at enrollment and follow-up points.
2. **Togetherall** - 24/7 Online peer-to-peer mental health platform for ages 16-29
3. **Anxiety Canada** – Free MindShift C.B.T. groups
4. **Good 2 Talk** - A free, confidential 24/7 helpline for post-secondary students in Canada, offering phone/text counseling and local mental health resource information.
Call: 1-833-292-3698 or text GOOD2TALKNS to 686868
5. **The Wellbeing Lab PERMAH** - Based on Professor Seligman's PERMAH framework, this 5-minute survey helps support your wellbeing at work—even during challenging times.
6. **BreathingRoom** - A clinically proven mental health and wellness program available online and as an app. Designed to help students build stronger, healthier connections and support overall wellbeing.

Accessibility Services

| Name & Information | Contact Information |
|---|--|
| Dalhousie Accessibility Centre For one-on-one advising | 902 494 2836 |
| Canadian Association of Physicians with Disabilities Social networking and Support Organization | Website |
| Accessibility HRM (Halifax Regional Municipality) Programs & Information on Accessible Services | 311 Website |
| Ability NB | Toll-free: 1-866-462-9555 Website |
| Dal Human Rights and Equity Services Advisory Services to Dal Community | 902 494 6672 HRES@dal.ca Website |
| Dal Ombudsperson Free, Confidential, Impartial, and Independent Support | Carla Britten 902 494 2665 ombuds@dal.ca Website |

Spiritual Wellness

Dalhousie Multifaith Services

UNB Saint John Campus Ministry

CBU Chaplaincy Office

Food Security

| Nova Scotia | Cape Breton | New Brunswick | Prince Edward Island |
|---|--|---|---|
| <u>Dalhousie Student Union Foodbank</u> | <u>CBUSU Food Bank</u> | <u>FoodforallNB</u> | <u>The Upper Room Hospitality Ministry.</u> |
| <u>Feed Nova Scotia</u> | | <u>UNBSJ Community Garden</u> | |