

Student Physician Well-Being Resources

NOVEMBER 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. 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
TBA, 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. [Family Planning for Canadian Physicians](#) – Resources for family planning in your medical career
2. **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.
3. [Togetherall](#) - 24/7 Online peer-to-peer mental health platform for ages 16-29
4. [Anxiety Canada](#) – Free MindShift C.B.T. groups
5. **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
6. [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.
7. [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	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>	