



DALHOUSIE
UNIVERSITY

FACULTY OF MEDICINE



STUDENT

PHYSICIAN

WELL-BEING RESOURCES

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WELCOME

MESSAGE

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.

DMNS SA Team

Dr. Sue Zinck, Assistant Dean

Tyler Hall, Director

Rigel Biscione Cruz, Advisor

Renée Hillier, Learner Liaison Officer

Gail Hodder, Learner Engagement Coordinator

TBD, Records & Information Coordinator

Tanya Matheson, Evaluation Specialist

Dr. Jennifer MacDonald, Site Rep, Cape Breton

Dr. Hughie Fraser, Site Rep, South Shore

DMNB SA Team

Dr. Lisa Sutherland, Assistant Dean

Dr. Renea Leskie, Director

Rebecca Comeau, Advisor

Dr. Roxanne McKnight, Site Rep, Miramichi

Dr. Brandon Kelly, Site Rep, Upper River Valley

Dr. Lucy Shen, Site Rep, Moncton

Dr. Linda Ugrin, Site Rep, Fredericton

[Contact information can be found by clicking here](#)

CAREER

ADVISING

DMNS Campus

Dr. Rachel Shaw

Dr. Hughie Fraser

Dr. Jennifer MacDonald

Dr. Katie Lines

*[*To book with an advisor,
email: Gail.Hodder@dal.ca](mailto:Gail.Hodder@dal.ca)*

DMNB Campus

Dr. Lisa Sutherland

*[Email Dr. Sutherland directly for an
appointment \(sutherll@dal.ca\)](mailto:sutherll@dal.ca)*





OFFICE OF PROFESSIONAL AFFAIRS

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

Dr. Ian Epstein, Assistant Dean, DMNS

Dr. Sam Gray, Assistant Dean, DMNB

For more information, visit:

<https://medicine.dal.ca/departments/opa.html>

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. [*For more information please click here*](#)

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 cma.ca/support line 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. [*For more information please click here.*](#)

[*New Brunswick Medical Society Student & Resident Orientation Guide*](#)

BIPOC

Keknu'tmasiek Tan Tel Welo'timk "We Learn Healing" - Global Health Office - [Dalhousie University contact: ihim@dal.ca](mailto:ihim@dal.ca)



Support for the academic success and graduation of Indigenous medical learners. [***For more information click here.***](#)

The Indigenous Student Centre offers a supportive environment for students to gather, meet other students, and have access to supports and services. [***For more information click here.***](#)

Mi'kmaw Native Friendship Centre - (902-420-1576) Their primary roles are to provide Indigenous people living in urban areas with services ranging from social programming to culture and events. [***For more information please click here.***](#)

BIPOC

PLANS - Global Health Office - Dalhousie University

Supports African Nova Scotian/Black Learners in their journey to become health professionals through a variety of programs and resources.



Black Student Advising Centre

A welcoming & supportive community for Dal & Kings Students.

BIPOC Led and Anti-Racism Organizations in the Maritimes

- Black Lives Matter Solidarity Fund NS
- Community Aid Fund for our 2SLGBTQ, Racialized and Otherwise Marginalized Neighbours
- Nobody is Illegal - Halifax & Fredericton
- The Delmore “Buddy” Daye Learning Institute
- African Nova Scotian Decade for People of African Descent Coalition-DPAD
- PEI Association for Newcomers to Canada (PEIANC)
- Under One Sky Friendship Centre – www.uosfc.ca

LGBTQIA2S+

Dal 2SLGBTQ+ 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.

LGBTQIA2S+

[The Canadian Queer Medical Students Association](#)

List of trans-safe facilities including barbers, hairdressers, airlines, grocery stores etc.

[Trans* Safe Spaces in the HRM](#)

List of trans-safe facilities including barbers, hairdressers, airlines, grocery stores etc.



[True Colours, UNB Saint John](#)

True Colours it's about making a more inclusive space on the Saint John campus for everyone. We hope to start organizing events very soon! Additionally, we advocate for students so they can be comfortable being themselves at university.

[South House Sexual and Gender Resource Centre](#)

South house provides resources, referrals and anti-oppressive education on issues of gender and sexual justice. Located on 1443 Seymour Street around the side entrance, accessible by ramp, underneath the Dalhousie Faculty Association.

[The Youth Project](#)

Drop-in and online groups up to age 25. Their mission is to make Nova Scotia a safer, healthier, and happier place for lesbian, gay, bisexual and transgender youth through support, education, resource expansion and community development.



MENTAL HEALTH & COUNSELLING SERVICES

*"It's okay to take a break and
prioritize your mental health."*

MENTAL HEALTH RESOURCES-NOVA SCOTIA

- [Dalhousie Mental Health Services](#)
- [Dalhousie Student Health and Wellness](#)
- [Mental Health and Addictions](#)
- [Provincial Mental Health & Addictions Crisis Line- 1.888.429.8176](#)
- [Avalon Sexual Assault Clinic](#)

MENTAL HEALTH RESOURCES-NEW BRUNSWICK

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

CRISIS LINES

- Dial 988 [Suicide Crisis Helpline](#)
- CHIMO Help Line Inc. (Crisis Line 1-800-667-5005)
- Mobile Mental Health Crisis Services (1-888-811-3664) Or text the [Crisis Text Line from Service Canada](#): Text HOME to 686868

PRIVATE HEALTH INSURANCE

Many insurance plans (including the Blue Cross plan offered through Dal 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

- **Wellness4MD** - Canadian medical students & residents can subscribe to the program by texting **WELLMD** for access in English or **BIENMD** in French to **1-855-947-4673**. Subscribers can opt in to participate in the program evaluation by completing surveys when they begin the program and at designated follow-up times.
- **Togetherall** - 24/7 Online [peer-to-peer mental health platform](#) for ages 16-29
- **Anxiety Canada** - free [MindShift C.B.T. groups](#)
- **Good 2 Talk** - free/confidential helpline for post-secondary students in Canada that is available 24/7. They offer confidential counseling services via phone/text and can provide information about mental health resources in the area. **Call: 1-833-292-3698 or text GOOD2TALKNS to 686868.**
- **The Wellbeing Lab PERMAH** - survey which [links to their toolbox and well-being dashboard:](#)
- **Breathing Space, Acceptance and Commitment Therapy** - - inspired [evidence based modules](#), broken into small pieces:

ACCESSIBILITY SERVICES

ADVOCACY

Name	Info/Link	Contact
Dal Student Accessibility Centre	<u>One-on-one advising</u>	902.494.2836
Canadian Association of Physicians with Disabilities	<u>Social networking and support organization</u>	https://www.capd.ca/about-us
Accessibility HRM (Halifax Regional Municipality)	<u>Programs & info accessible services</u>	311
Dal Human Rights and Equity Services	<u>Advisory services to Dal Community</u>	902.494.1920 Email: VPEI@dal.ca
Dal Ombudsperson	<u>free, confidential, impartial, and independent support</u>	Carla Britten 902.494.2665 ombuds@dal.ca



SPIRITUAL WELLNESS

[Dalhousie Spiritual Team](#)

[UNB Saint John Campus Ministry](#)

FOOD SECURITY

DMNS Dalhousie Student Union Foodbank. [Located on the Dalhousie Studley Campus in the SUB.](#)

[Feed Nova Scotia](#)

[Prince Edward Island Foodbank](#)

DMNB UNB Foodbank Programs:

1. [Hamper Foodbox](#)
2. [Fresh Food Bags](#)
3. [UNBSU Garden](#)