



Dalhousie University

Faculty of Medicine; Saint John, New Brunswick

Key Contacts and Websites

Student Affairs Office

(506) 636-6007

Dr. Lisa Sutherland, Director

sutherll@dal.ca

Pam Murphy, Coordinator

Pam.Murphy@dal.ca

Dr. Jeff Hans (Miramichi)

(506) 622-1971, JeffHans@rogers.com

Dr. Sylvie Ouellette (Moncton)

(506) 860-2796, Dr.Sylvie.Ouellette@horizonnb.ca

Dr. Kristen Godin (Fredericton and URV)

(506) 238-1034 Dr.Kristen.Godin@horizonnb.ca

New Brunswick Medical Society

General inquiries: (506) 458-8860

Physician Wellness Service: 1-877-418-2181 or

SanteHealth@nbms.nb.ca

inConfidence:

<https://www.nbms.nb.ca/physicianwellness/>

UGME

<https://medicine.dal.ca/departments/core-units/undergraduate/current-students.html>

Student Affairs Wellness Liaisons

<https://medicine.dal.ca/departments/core-units/student-affairs/personal-support/sawl.html>

Student Affairs: <https://medicine.dal.ca/departments/core-units/student-affairs.html>

Dalhousie Medical Students' Association: <http://www.dmss.ca/>

Academic and Career Wellness

Career Counselling

Career advising with Dr. David Bowes through Dalhousie Resident & Student Affairs Office.

Phone/Skype appointments can be made with Dr. Bowes through Tracy Teed at (902) 494-3232 or Tracy.Teed@dal.ca

Dal Libraries

A guide to library resources for medical students at Dalhousie University.

Medicine Library Guide for Med 1 – Med 4:
<http://dal.ca/libguides.com/med>

Study Spaces

Study space is available on UNBSJ campus at the HWK Commons or within the DMNB building (piano lounge, study rooms). The Saint John Regional Hospital library (Level 5, Tower D) is another option.

<https://www.lib.unb.ca/about/saintjohn.php>

Emotional/Mental Wellness

NBMS Physician Wellness Service

The Physician Wellness Service is a confidential service that works with inConfidence – a service that is free to all NBMS members and their families. Bilingual services are available 24/7/365.

Email SanteHealth@nbms.nb.ca or call the toll-free phone number at 1-877-418-2181. Callers can leave a message 24/7.

UNB Saint John Counselling Services

Free, individual, confidential personal counselling
Contact sjcounsellor@unb.ca, call (506) 648-2309, or use the online booking form:
<http://www.unb.ca/saintjohn/studentservices/health/counselling/book-appointment/index.php>

Saint John Mental Health Mobile Crisis Team

Confidential, non-judgmental telephone and/or mobile urgent triage & response team made up of trained mental health professionals. Connected to emergency psychiatric services.

Phone 1-888-811-3664

Financial Wellness

Scholarships, Bursaries, and Awards

The application for scholarships, awards, bursaries and financial aid is available each year using the DalMedix application.

More information can be found here:

<https://medicine.dal.ca/departments/core-units/student-affairs/financial-support/scholarships-bursaries-awards.html>

MD Financial

Help with arranging LOCs, mapping out budgets, and reviewing your borrowing plan.

Dalhousie Medicine New Brunswick financial consultant contacts are Leah Aulenbach, Leah.aulenbach@cma.ca and Phillip Madore, Phillippe.madore@cma.ca

NB Student Loans

http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/FinancialSupport/StudentFinancialServices.html

Social Wellness

Dalhousie Interest Groups

Interest groups host events throughout the year, providing opportunities for students to explore specific areas of medicine, become involved in community initiatives, and promote wellness amongst the student body. Each year the DMAA generously sponsors numerous student interest groups, including some of those described here. Our students are very appreciative for the support of the DMAA in these endeavours!

<http://www.dmss.ca/interest-groups.html>

Dal Med NB Intramurals

Whether it is your first time playing a sport or you are a retired varsity athlete, you are more than welcome to participate in DMNB intramurals! Drop in and join us at the UNBSJ gym as we play different sports each week, from dodgeball to volleyball to soccer baseball.

Contact the DMNB Sports and Wellness Rep for more info: <http://www.dmss.ca/current-members.html>

Physical Wellness

UNBSJ Student Health Clinic

Located behind the athletic centre on campus; appointments available 9:00-12:00 and 1:30-4:00.

Call (506) 648-5656 or contact behealthy@unb.ca

DSU Health Plan

Available through Dalhousie University.
www.dsu.ca/healthplan

UNBSJ Health Plan

Available through UNB Saint John.

<http://www.unbsrc.ca/health-and-dental-plan>

UNBSJ Athletics centre

A facility available for use by faculty, staff, students and membership holders. The fitness room is located on the upper level, while the lower level features a three-court gym and a strength training room.

<https://unb.ca/saintjohn/athletics/fitness/schedules.html>

See "Social Wellness" for info on DMNB intramurals

SJRH Employee Fitness Center

Conveniently located within the hospital on Level 0, Tower D. The facility offers weight training, cardio machines and classes for your fitness needs.

Spiritual Wellness

UNBSJ Campus Ministry

The UNBSJ Campus Ministry offers a listening, caring, non-judgmental ear when you need someone to talk to. We hope to be a meeting place, while also connecting you with other groups and organizations that you might be interested in.

(506) 634-0446

<https://www.facebook.com/unbministry/unbsj.campusministry@outlook.com>

A full description of the Campus Ministry and list of services provided can be found here:

<http://www.unb.ca/saintjohn/studentservices/health/ministry.html>