



Dalhousie University

Faculty of Medicine; Halifax, Nova Scotia

Key Contacts and Websites

Student Affairs

(902) 494-3232

Dr. Joanne MacDonald, Assistant Dean

Joanne.macdonald@dal.ca

Sharon Forward, Director

Sharon.forward@dal.ca

Roberta Preston, Manager

Roberta.preston@dal.ca

Doctors Nova Scotia

General inquiries: 902-468-1866

Professional Support Program: 902-468-8215 or 902-468-8215 or professionalsupport@doctorsns.com

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

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

Dalhousie's campuses are full of study spaces

Booking study rooms (tip: CHEB rooms are listed under "Kellog Library Learning Commons):

<https://libraries.dal.ca/hours-locations/workspaces/study-rooms.html>

Emotional/Mental Wellness

Doctors NS Professional Support Program

Doctors Nova Scotia's Professional Support Program (PSP) provides confidential support for members and their families who are dealing with personal or professional problems.

Phone 902-468-8215 or 902-468-8215 or email professionalsupport@doctorsns.com

Dal Counselling and Psychological Services

Same-day walk-in counselling services are offered at the Student Health & Wellness Centre

Phone (902) 494-2171

Halifax 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 (902) 429-8167 or 1-888-429-8167 toll free

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 University contact is Leah Aulenbach,
Financial consultant: Leah.aulenbach@cma.ca

NS Student Loans

<https://novascotia.ca/studentassistance/>

Physical Wellness

Student Health & Wellness Centre

A suite of walk-in, same day, and booked appointments with members of an interprofessional healthcare team

Call 902-494-2171, See website for more services:

https://www.dal.ca/campus_life/health-and-wellness/services-support/student-health-and-wellness/make-an-appointment.html

DSU Health Plan

<https://studentvip.ca/dsu>

Dalplex

Facility that is included in your student fees that includes fitness classes, 2 weight rooms, a pool, indoor track, cardio room, squash courts, climbing facilities, a spin studio, and outdoor tennis courts.

See <https://athletics.dal.ca/facilities.html> for hours and services. Contact your DMSS Sports & Wellness representative for information about Dal Med intramurals.

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 Intramurals

Whether it is your first time playing a sport or you are a retired varsity athlete, there is lots of room for you to play anything from curling to inner tube water polo!

Contact the current sports and wellness rep for more info: <http://www.dmss.ca/current-members.html>

Spiritual Wellness

Dalhousie Multifaith Services

A non-threatening space where Dalhousie students can address the basic questions of meaning and purpose in their lives — no matter what their faith, philosophy, or doubt may be.

Chaplain schedule and a full list of places of worship in Halifax can be found here:

https://www.dal.ca/campus_life/health-and-wellness/services-support/multifaith-services.html