

## Key Contacts and Websites

### UGME

EMAIL: [ugme@med.mun.ca](mailto:ugme@med.mun.ca)  
**Dr. Tanis Adey**, Associate Dean  
864-UGME

### Student Affairs

EMAIL: [studentaffairs@med.mun.ca](mailto:studentaffairs@med.mun.ca)  
**Dr. Greg Radu**, Assistant Dean  
864-6333  
**Michelle Snow**, Student Wellness Consultant  
864-6349  
**Dr. Teri Stuckless**, MedCAREERS Director  
864-6333

Newfoundland and Labrador Medical Association  
Association Number: 726-7424  
inConfidence (counselling): 1-877-418-2181

College of Physicians and Surgeons of NL  
[cpsnl@cpsnl.ca](mailto:cpsnl@cpsnl.ca)  
726-8546

### **Websites**

MUN Med: [www.med.mun.ca](http://www.med.mun.ca)  
NLMA: [www.nlma.nl.ca](http://www.nlma.nl.ca)  
CPSNL: [www.cpsnl.ca](http://www.cpsnl.ca)

## Financial Wellness

### **Student Affairs**

Philip Kearley, Financial Advisor & Scholarships  
[studentaffairs@med.mun.ca](mailto:studentaffairs@med.mun.ca)  
864-6395

Scholarships Link:

<https://www.med.mun.ca/getdoc/9cf35441-c713-4796-8d2f-2ba8d559fe8b/Scholarships-Bursaries-Awar-2016.aspx>

### **MD Financial**

726-2136 (St. John's branch)  
[www.mdm.ca](http://www.mdm.ca)

### **Student Aid Newfoundland & Labrador**

[studentaid@gov.nl.ca](mailto:studentaid@gov.nl.ca)  
1-888-657-0800  
<http://www.aesl.gov.nl.ca/studentaid/>

## Physical Wellness

### **The Works**

*Fitness classes, indoor track, cardio & weight training equipment, swimming pool*  
[www.theworksonline.ca](http://www.theworksonline.ca)

### **Student Health Centre**

UC-5000  
864-8500  
Select 1 for physician-related inquiries  
Select 2 for counselling-related inquiries

### **Find a Physician Link**

<http://www.nlma.nl.ca/Page/Doctors-Taking-New-Patients>

### **811 HealthLine**

1-888-709-3555

### **Needle Sticks & Other Health Hazards**

<http://www.med.mun.ca/StudentHandbook/Emergency/Needle-Sticks-and-other-Health-Hazards.aspx>

## Academic and Career Wellness

### Dr. Teri Stuckless (Student Affairs)

MedCAREERS Director  
[studentaffairs@med.mun.ca](mailto:studentaffairs@med.mun.ca)

Website:

<http://www.med.mun.ca/MedCareers/MedCAREERS.aspx>

### Health Science Centre Library Website

<https://www.library.mun.ca/hsl/>

### Other Websites

Career MD: [www.careerMD.com](http://www.careerMD.com)

Careers in Medicine: <https://www.aamc.org/cim/>

## Emotional/Mental Wellness

### Michelle Snow (Student Affairs)

Student Wellness Consultant  
[studentwellness@med.mun.ca](mailto:studentwellness@med.mun.ca)

### Student Wellness and Counselling Centre

864-8500 to book an appointment  
 (Select #2)

### MUN Online Mental Health Resources

<http://www.mun.ca/counselling/home/OnlineMentalHealthResources.php>

### NL Mental Health Crisis Line

Toll free: 888-737-4668 (province wide)  
 A mobile crisis response team can also be accessed in the St. John's region by calling this number.

## Social/Relationship Wellness

### Medical Student Lounge

Located on the 2nd floor of the medical school

### Interest Groups

MUN Med offers a variety of interest groups for each medical specialty, as well as Exercise is Medicine and Choosing Wisely.

### MedSoc

Our medical student society hosts two mixers a year: one at Christmas and one at the end of the school year. Details will be released on facebook as they become available.

MedSoc Social Media:

Facebook: MUN MedSoc

Instagram: munmedsoc

### Memorial University Student Life

<http://www.mun.ca/student/>

## Spiritual Wellness

### Memorial University Chaplaincy

UC-3006

Memorial University Chaplaincy is constantly growing and changing to include every faith. They are there to provide student the opportunity to grow spiritually and they can also provide pastoral counselling and support.

Anglican Chaplain: 864-2550

Roman Catholic Chaplain: 864-2534

Pentecostal Chaplain: 864-4374

Salvation Army Chaplain: 864-4375

For more information visit their website:

<https://www.mun.ca/chaplaincy/Universitychaplaincy/>

### Aboriginal Resource Centre

UC-4005

aro@mun.ca

Facebook: Aboriginal Resource Office - Memorial University