



# NOSM University

Sudbury, Thunder Bay, Ontario

## Key Contacts & Websites

### Undergraduate Medical Education (UME)

**Email:** [ume@nosm.ca](mailto:ume@nosm.ca)

**Dr. Lee Toner**, Associate Dean, UME,  
[adume@nosm.ca](mailto:adume@nosm.ca), 807-766-7465

### Learner Support Services

#### **General Inquiries:**

[learneraffairs@nosm.ca](mailto:learneraffairs@nosm.ca)

**Dr. Sherry Mongeau**, Interim Director,  
Learner Support Services,  
[directorlearnersupportservices@nosm.ca](mailto:directorlearnersupportservices@nosm.ca),  
705-662-7257

**Dr. Jason Shack**, Assistant Dean, Learner  
Affairs, [jshack@nosm.ca](mailto:jshack@nosm.ca), 807-766-7465

### Canadian Medical Association

**Website:** [www.cma.ca](http://www.cma.ca)

### Ontario Medical Student Association

**Website:** [www.omsa.ca](http://www.omsa.ca)

**Email:** [president@omsa.ca](mailto:president@omsa.ca)

### Websites

MD Program: [NOSM U UME](#)

Learner Wellness: [NOSM U UME Wellness](#)

Financial Aid: [NOSM U Financial Aid](#)

Learner Support Services: [NOSM U LSS](#)

NOSM University Student Association:

Student Council: [nosmsc@nosm.ca](mailto:nosmsc@nosm.ca)



## Financial Wellness

**Terry Oja**, Financial Aid Officer:

[financialaid@nosm.ca](mailto:financialaid@nosm.ca)

**Kirstie Taylor**, Learner Support Services

Coordinator: [krtaylor@nosm.ca](mailto:krtaylor@nosm.ca)

### **NOSM University Financial Aid**

[NOSM U Financial Aid](#)

### **External Awards, Bursaries & Scholarships**

[External Financial Aid Opportunities](#)

### **Ontario Student Assistance Program**

**(OSAP):** [Provincial Student Assistance](#)

*The Office of Financial Aid is located at MSW 2001B  
NOSM U West Campus.*

## Physical & Spiritual Wellness

**Learner Wellness Room;** Located at

MS 2001A on the West campus

HSERC 100D on the East Campus

### **Fitness and Recreation**

Goodlife Fitness (discounted membership  
with OMA discount):

### **CCC Local Resources**

Available in the Clerkship Community

Handbook provided to all learners

**Indigenous Wellness Room;** Located at

MS2015 on the West campus

HSERC138A on the East Campus

## Academic & Career Wellness

NOSM University's Learner Support Services provides various support programs to all learners, including career planning, CV Review, faculty mentorships and more. Learner Affairs Officers (LAO)

**Laura Csontos, UME Senior LAO:**

[lcsontos@nosm.ca](mailto:lcsontos@nosm.ca)

705-662-7248

**Nicholas Alderton, UME Senior LAO:**

[nalderton@nosm.ca](mailto:nalderton@nosm.ca)

807-766-7315

**Carrington Ryan, UME LAO:**

[cryan@nosm.ca](mailto:cryan@nosm.ca)

705-662-7027

### Library & Resources

NOSM University Health Sciences Library:

[www.nosm.ca/library](http://www.nosm.ca/library)

Email: [askalibrarian@nosm.ca](mailto:askalibrarian@nosm.ca)

Learner Accessibility:

[accessibilityfeedback@nosm.ca](mailto:accessibilityfeedback@nosm.ca)

Need Urgent Support? Visit: [nosm.ca](http://nosm.ca) & click:

**I NEED HELP**

## Social & Relationship Wellness

**Learner Lounge; located at**  
MSE106 on the East campus  
MSE1011 on the West Campus

**NOSM U Learner Wellness Committee**

Email: [sc.chair.learnerwellness@nosm.ca](mailto:sc.chair.learnerwellness@nosm.ca)

**Learner Affairs & Events Calendar**

Subscribe: [LA Calendar](#)

**NOSM University Peer Support**

A student-run initiative that connects NOSM U learners who require support with a NOSM U learner peer supporter.

Email: [peersupport@nosm.ca](mailto:peersupport@nosm.ca)

**NOSM University Wellness App:**

Download:

<https://apparmor.apparmor.com/clients/nosm.ca/>

NOSM University has numerous learner interest groups that provide learners with opportunities to further their knowledge on various medical specialties, as well as network and socialize with like-minded individuals.

## Mental & Emotional Wellness

NOSM University Health & Wellness Guide:

<https://libraryguides.nosm.ca/healthandwellness>

NOSM University's Learner Affairs Officers also provide confidential counselling, and wellness support for all learners.

Undergraduate Learner Wellness

[learneraffairs@nosm.ca](mailto:learneraffairs@nosm.ca)

**LifeWorks Student Assistance Program**

For NOSM University Learners and their dependent family members.

[www.workhealthlife.com](http://www.workhealthlife.com)

**1-800-387-4765 (for service in English)**

**1-800-361-5676 (for service in French)**

**OMA Physician Health Program (PHP)**

[www.php.oma.org](http://www.php.oma.org)

**1-800-851-6606** (Confidential provincial line)

**Professional Association of Residents of Ontario (PARO)**

<https://myparo.ca/helpline/>

**1-866-435-7362** (Confidential provincial line)

**CMHA Wellness Connection**

Email: [physicianhealth@cma.ca](mailto:physicianhealth@cma.ca)

<https://www.cma.ca/physician-wellness-hub/wellness-connection>

**Good 2Talk** provides free confidential professional counselling and connection to local resources.

**1-866-925-5454** (provincial toll free line)

<https://good2talk.ca/>

## Digital Self-Serve Wellness Resources

**ePhysicianHealth**

Digital health and wellness resources for physicians, medical students and residents.

**Website:** <https://ephysicianhealth.com/>

**7 Cups of Tea**

An anonymous online Peer Mental Support service with trained active listeners.

<https://www.7cups.com/>

**Headspace**

<https://mindyourmind.ca/wellness>

**Mind Your Mind ..**

<https://mindyourmind.ca/wellness>