

NOSM University

Sudbury, Thunder Bay, Ontario

Key Contacts & Websites

Undergraduate Medical Education (UME)

Email: ume@nosm.ca

Dr. Lee Toner, Associate Dean, UME,
adume@nosm.ca, 807-766-7465

Learner Support Services

General Inquiries:

learneraffairs@nosm.ca

Dr. Sherry Mongeau, Interim Director, Learner Support Services,
directorlearnersupportservices@nosm.ca,
705-662-7257

Dr. Jason Shack, Assistant Dean, Learner Affairs, jshack@nosm.ca, 807-766-7465

NOSM University Student Council:

sc.president@nosm.ca

Canadian Medical Association

Website: www.cma.ca

Ontario Medical Student Association

Website: www.omsa.ca

Email: 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

NOSM University Learner Wellness Committee:

sc.chair.learnerwellness@nosm.ca



Financial Wellness

Terry Oja, Financial Aid Officer:

financialaid@nosm.ca

Kirstie Taylor, Learner Support Services

Coordinator: 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

705-662-7248

Nicholas Alderton, UME Senior LAO:

nalderton@nosm.ca

807-766-7315

Kathleen Wells, UME LAO:

kawells@nosm.ca

705-662-7027

Library & Resources

NOSM University Health Sciences Library:

www.nosm.ca/library

Email: askalibrarian@nosm.ca

Learner Accessibility:

accessibilityfeedback@nosm.ca

Need Urgent Support? Visit: 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

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

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

Homewood Health Student Assistance Program

homeweb.ca

1-800-663-1142 (English) | 1-866-398-9505

(Numéro sans frais – en français)

1-888-384-1152 (TTY) | 604-689-1717 International (Call Collect)

OMA Physician Health Program (PHP)

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

<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>