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:

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, Philippe.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

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.

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

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