



# University of Toronto

Faculty of Medicine; Toronto, Ontario  
(St. George & Mississauga Campuses)

## Key Contacts and Websites

### UME

**Dr. Patricia Houston** (Vice Dean)

[md.reception@utoronto.ca](mailto:md.reception@utoronto.ca); 416-946-5371

### MD Program Leadership Directory

[www.md.utoronto.ca/leadership](http://www.md.utoronto.ca/leadership)

### OFFICE of HEALTH PROFESSIONS STUDENT AFFAIRS

**Dr. Anthony Pignatiello** (Associate Dean, OHPSA)

[tony.pignatiello@utoronto.ca](mailto:tony.pignatiello@utoronto.ca)

### OHPSA General

**Phone:** 416-978-2764;

**Website:** [www.md.utoronto.ca/OHPSA-about-us](http://www.md.utoronto.ca/OHPSA-about-us)

### WEBSITES

**MD Program:** [www.md.utoronto.ca](http://www.md.utoronto.ca)

**U of T Medical Society:** [www.uoftmeds.com](http://www.uoftmeds.com)

**Office of Health Professions Student Affairs:** [www.md.utoronto.ca/OHPSA](http://www.md.utoronto.ca/OHPSA)

**Student Assistance Button (formerly "Red Button"):** [www.md.utoronto.ca/student-assistance](http://www.md.utoronto.ca/student-assistance)

### MEDICAL SOCIETY EXECUTIVE COUNCIL (MEDSOC)

**Allison Chen** (Student Health Initiatives and Education  
General Co-ordinator)

[allisonj.chen@mail.utoronto.ca](mailto:allisonj.chen@mail.utoronto.ca); <https://bit.ly/2L9uhZx>

### ONTARIO MEDICAL ASSOCIATION

**General:** 1-800-268-7215; [info@oma.org](mailto:info@oma.org); [www.oma.org](http://www.oma.org)

**Physician Support Program (PSP):** 1-800-851-6606;

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

### ONTARIO MEDICAL STUDENTS' ASSOCIATION

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

**Email:** [chair@omsa.ca](mailto:chair@omsa.ca) or [co-chair@omsa.ca](mailto:co-chair@omsa.ca)

### COLLEGE of PHYSICIANS and SURGEONS of ONTARIO

**General:** 1-800-268-7096; [www.cpsso.on.ca](http://www.cpsso.on.ca)

## Academic and Career Wellness

### Academic Coach

Academic coaching can help with development of strategies and individualized academic plans. Confidential career counselling is also available to assist with career exploration and planning.

*An appointment can be booked by phoning 416-978-2764, or here:* <https://bit.ly/2lho9mB>.

### Diversity Mentorship Program (DMP)

Medical students from equity seeking groups can connect with faculty physician mentors who are able to support them in their educational and professional growth and development.

Website: <https://bit.ly/2Jh0nka>

### PeerFacilitated Review Enrichment Program (PREP)

First-year students can participate in small, interactive, collaborative learning communities facilitated by successful second-years.

[www.md.utoronto.ca/academic-coaching-prep](http://www.md.utoronto.ca/academic-coaching-prep)

### University of Toronto Libraries

All U of T libraries are open to students. Popular libraries among medical students include Gerstein Library and Robart's Library (STG) and the UofT Mississauga Library (UTM).

<https://onesearch.library.utoronto.ca/visit>

### Unmatched Student Support/Extended Clerkship

Website: <https://bit.ly/2ygGvxJ>

## Emotional/Mental Wellness

### Gerstein Crisis Centre

The Centre provides 24/7 telephone crisis support as well as a mobile crisis team (call crisis line).

*Phone:* 416-929-5200 (or -0149 if referring a friend)

*Website:* [www.gersteincentre.org](http://www.gersteincentre.org)

### OHPSA Counselling

Personal counselling is offered via the OHPSA. Information and appointments available here:

<https://bit.ly/2tgw9rT>.

### PARO 24-Hour Helpline

Confidential/anonymously support 24/7 for medical students/residents.

*Phone:* 1-866-HELP-DOC (1-866-435-7362)

*Website:* [www.torontodistresscentre.com/paro](http://www.torontodistresscentre.com/paro)

### Resiliency Curriculum

*This curriculum aims to equip medical students with skills needed to build on their own resilience, featuring student and resident monologues.*

*\*\*Part of UofT Med student curriculum\*\**

### Toronto Distress Centre

The Toronto Distress Centre offers free, anonymous support via telephone, 24/7, 365 days of the year.

*Phone:* 416-408-HELP (4357)

*Website:* [www.torontodistresscentre.com](http://www.torontodistresscentre.com)

### Wellness at UTM

Health promotion initiative providing resources for student health and wellbeing.

Website: [www.utm.utoronto.ca/health/wellness](http://www.utm.utoronto.ca/health/wellness)

## Financial Wellness

### Awards and Scholarships

A variety of awards and scholarships are offered, based on numerous different criteria, to students in all years of study.

[www.md.utoronto.ca/awards-scholarships](http://www.md.utoronto.ca/awards-scholarships)

### Budgeting and Debt Management

A collection of budgeting and debt management information is available here:

[www.md.utoronto.ca/debt-management](http://www.md.utoronto.ca/debt-management).

### Final Year Medical Student Bursary Fund

All final year medical students receive a stipend of \$750 per month over 12 months (\$9000 total).

### Financial Aid

Financial Aid can be accessed in the form of grants, bursaries, provincial/federal loans, and student lines of credit (access information below).

[www.md.utoronto.ca/financial-aid](http://www.md.utoronto.ca/financial-aid)

### Travel Stipend

A travel stipend for certain clinical activities at more remote clinical sites is available.

Information located on main Financial Aid page.

### Key Contacts

Dr. David Latter, Director, MD Admissions and Student Finances

Bill Gregg, Associate Registrar, Student Financial Services

Email: [medicine.financeawards@utoronto.ca](mailto:medicine.financeawards@utoronto.ca)

## Physical Wellness

### Campus Fitness Facilities

Several fitness facilities are available, including:

- Athletic Centre, Hart House Fitness Centre, Goldring Centre for High Performance Sport (STG)
- Student Recreation Centre (UTM)

### Find a Physician Program

Information on how to find a family physician if you are lacking one is available via the Portal.

### Health and Dental Insurance

General: [www.studentlife.utoronto.ca/hwc/health-insurance](http://www.studentlife.utoronto.ca/hwc/health-insurance)

Students' Union: [www.utsu.ca/health](http://www.utsu.ca/health)

### Health & Wellness Centre

A wide array of services are offered for students.

Phone: 416-978-8030; Email: [info.hwc@utoronto.ca](mailto:info.hwc@utoronto.ca)

Website: [www.studentlife.utoronto.ca/hwc](http://www.studentlife.utoronto.ca/hwc)

### Intramurals

The U of T offers year-round intramural sports.

[www.uoftintramurals.ca](http://www.uoftintramurals.ca)

### On-Campus Food Service Locations

[www.ueat.utoronto.ca/locations](http://www.ueat.utoronto.ca/locations)

### Telehealth Ontario

Confidential health and medical advice is available 24/7 from a registered nurse.

Phone: 1-866-797-0000

### Workplace Injury/Exposure Protocol

<https://bit.ly/2JTxmQ6>

## Social/Relationship Wellness

### Medical Student Lounge

Includes space to relax, work, and to hold meetings (including videoconferencing capability to connect with Mississauga campus). Mississauga students have a student lounge available as well.

More information: <https://bit.ly/2JzFyE> and <https://bit.ly/2ldorLr>.

### U of T MedSoc Clubs Directory

Website: [www.uoftmeds.com/news/122-clubs-at-u-of-t](http://www.uoftmeds.com/news/122-clubs-at-u-of-t)

### University of Toronto Student Spaces Map

Website: [www.map.utoronto.ca/access/student\\_spaces](http://www.map.utoronto.ca/access/student_spaces).

### University of Toronto ULife

ULife is a one-stop website that allows students to explore clubs, organizations, activities, and opportunities across all three campuses.

Website: [www.ulife.toronto.ca](http://www.ulife.toronto.ca)

## Spiritual Wellness

### Christian Medical and Dental Society (CMDs)

CMDs is a national, Christian organization.

Website: [www.cmdscanada.org](http://www.cmdscanada.org)

Toronto Chapter Contact: Dr. John McCormick at [jwm@dr.jwm.ca](mailto:jwm@dr.jwm.ca)

### Faith-Based Medical Student Groups

Groups include the Jewish Medical Students Association, the Medical Christian Fellowship, and the Muslim Medical Students Association.

Links to group pages here: <https://bit.ly/2lilolc>.

### Multi-Faith Spaces

Several campus spaces are available for prayer and spiritual practice.

Website: <https://bit.ly/2MxTjCE>

### Muslim Medical Association of Canada (MMAC)

MMAC is a national, Muslim organization.

Website: [www.muslimmeds.ca/toronto.html](http://www.muslimmeds.ca/toronto.html)

### University of Toronto Indigenous Student Services

Website: [www.studentlife.utoronto.ca/fnh](http://www.studentlife.utoronto.ca/fnh)

### University of Toronto Multi-Faith Centre

The Multi-Faith Centre offers a variety of programs, meditation, yoga, grief support, and assistance around religious accommodations. There are also chaplains from several denominations.

Website: [www.studentlife.utoronto.ca/mf](http://www.studentlife.utoronto.ca/mf)