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/2ho9mB.

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/2Jh0nkq

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

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

OHPSA Counselling
Personal counselling is offered via the OHSPA. Information and appointments available here: https://bit.ly/2tgw9rT.

PARO 24-Hour Helpline
Confidential/anonymous support 24/7 for medical students/residents. Phone: 1-866-HELP-DOC (1-866-435-7362) Website: 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

Wellness at UTM
Health promotion initiative providing resources for student health and wellbeing. Website: www.utm.utoronto.ca/health/wellness

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

### Social/Relationship Wellness

**Medical Student Lounge**

**U of T MedSoc Clubs Directory**

**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.utoronto.ca](http://www.ulife.utoronto.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

**Faith-Based Medical Student Groups**
Groups include the Jewish Medical Students Association, the Medical Christian Fellowship, and the Muslim Medical Students Association.  

**Multi-Faith Spaces**
Several campus spaces are available for prayer and spiritual practice.  
Website: [https://bit.ly/2MxTiCE](https://bit.ly/2MxTiCE)

**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)