**Key Contacts and Websites**

**Learner Advocacy & Wellness Office**
1-134 Katz Group Centre for Pharmacy & Health Research; Edmonton, AB T6G 2E1
Tel: 780-492-3092 / 780-492-3150 Fax: 780-492-1329

Dr. Melanie Lewis, Associate Dean, Student Affairs
ML5@ualberta.ca

Dr. Cheryl Goldstein, Assistant Dean, Student Affairs
cgoldste@ualberta.ca

---

University of Alberta Medical Students Association

Adam Mullan, MSA President
msapresident@ualberta.ca, 780-243-8111

Jillian Schneider, MSA VP Student Affairs
msavpstudentaffairs@ualberta.ca

---

Alberta Medical Association
T 780.482.2626; Toll-free 1.800.272.9680
Email amamail@albertadoctors.org

---

**Websites**

MD Program: www.ualberta.ca/medicine/programs/md
Student Affairs: www.ualberta.ca/medicine/programs/support-wellness
Medical Student Association: www.msa.ualberta.ca/

---

**Financial Wellness**

**Alberta Student Aid**
Receive up to $7,500 per semester in combined Alberta and Canada student loans.
www.studentaid.alberta.ca/

**Out of Province Student Loans**
Please select your province of residency for further information on your student loan application.
www.ualberta.ca/registrar/scholarships-awards-financial-support/student-loans/out-of-province

**Undergraduate Awards**
If you are a continuing student (in your second year or later), you may be eligible for the following listed scholarship opportunities.
www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards

**Emergency Loans**
Learners in the Faculty of Medicine & Dentistry in desperate financial need - who have exhausted all other sources of funding - may apply to the associate dean of learner advocacy & wellness for a small, one-time emergency loan
See contact above.

---

**Physical Wellness**

**Hanson Fitness and Lifestyle Centre**
Offers an on campus gym and a variety of fitness classes students can register for given on campus.
Phone: 780-492-7114; Email: fitness@ualberta.ca

**University Health Centre**
A variety of services available to students, staff members, and spouses and children of students. Include sexual health services, obstetrics and gynecology, and immunizations.
www.ualberta.ca/services/health-centre

**Find a Family Physician**
If you are looking for a family doctor, some of the best sources to help you find one are listed on this website.
www.acfp.ca/find-family-physician/

**Intramural Sign Up**
Occurs at the beginning of each semester. Simply contact your sports reps to sign up or access the following website independently.
www.imleagues.com/spa/intramural/850c8cefedf44f184bb73b3bf05d3cf/home

**HealthLink Alberta**
HealthLink is an Alberta service that provides health advice 24/7, all days of the year. Calls are answered by registered nurses.
To access, phone 811. If out of province, or using internet phone, call 1-866-408-5465.
### Academic and Career Wellness

**Students Union Tutoring Services**  
Information on signing up as a tutor and/or tutee looking for extra academic help.  
T: 1-780-492-4212  
E: infolink@su.ualberta.ca  
www.su.ualberta.ca/services/infolink/tutor/registry

**U of A Career Centre**  
Information on events and services for career and employment advising.  
T: 1-780-492-4291  
E: yourcareercentre@ualberta.ca  
www.ualberta.ca/career-centre/services/advising-appointments

**John C. Scott Health Sciences Library**  
Located in the Walter C Mackenzie centre, this space is open 7 days a week and provides information related to Health Sciences study.  
T: 1-780-492-7947  
E: jwinfo@ualberta.ca  
www.library.ualberta.ca/locations/scott

**University of Alberta Library Information**  
www.library.ualberta.ca/

### Emotional/Mental Wellness

**Counselling and Clinical Services**  
Provides accessible and compassionate psychological and psychiatric services to U of A students, using a short-term therapy model.  
T: 1-780-492-5205

**Peer Support Centre**  
Offers a free, confidential, and non-judgemental place to talk to someone for support.  
T: 1-780-492-4357  
E: psc@su.ualberta.ca

**Helping Individuals at Risk (HIAR)**  
A confidential, centralized resource for members of the campus community to report worrisome behaviours or concerns about individuals at risk of harming themselves or others to help connect individuals to supports.  
T: 1-780-492-4372  
E: hiarua@ualberta.ca

**Edmonton Distress Line**  
24-hour crisis support and professional counselling.  
T: 1-780-482-4357

### Social/Relationship Wellness

**Medical Students Association (MSA) Clubs Page**  
Over 55 student run clubs are available to participate in and work with numerous organizations across Edmonton. Leaders can be contacted by the emails provided below.  

**MSA Calendar and Events**  
Access the below website to make sure you’re up to date on all the upcoming social and volunteer events for medical students at U of A.  
www.msa.ualberta.ca/MSA%20Calendar.aspx

**The Fish Tank**  
This lounge is available for all medical students and clerks and provides a space to relax during your busy schedule. As you turn left before the steps heading to the John C Mackenzie library from the Katz building, the medical students lounge is the first door on your left. Just swipe your card and chill out for a bit.

### Spiritual Wellness

**Interfaith Chaplains’ Association**  
Support and guidance is available for students of various faith backgrounds. Weekly events take place and newcomers of all beliefs are welcome. Multi-faith rooms are also available for booking.  
T: 1-780-492-0339  
E: interfaithchaplains@ualberta.ca  
www.ualberta.ca/current-students/interfaith-chaplains/

**Interfaith Centre**  
3-02 Students’ Union Building

**Multi-faith Prayer and Meditation Space**  
172 HUB – small and large rooms available

**Aboriginal Students Services Association**  
Information on programs and housing for FNMI students is available.  
T: 1-780-492-5677  
E: assc.reception@ualberta.ca

**Christian Medical and Dental Society (CMDS)**  
U of A chapter, E: bannon@ualberta.ca  