### Important Ottawa Specific Contacts:

- **Aesculapian Society (Medical Student Association):** Please visit our website for a full list of exec members and their contact information: [http://www.uottawameds.com/](http://www.uottawameds.com/)
- **Student Wellness Committee (SWC)**
  - VP Community Health
  - vpcommunityhealth.aesc@uottawa.ca
- **Undergraduate Medical Education Office**
  - Roger Guindon Hall (RGN) Rm 2046
  - 613-562-5800 ext. 8551
  - medaca@uottawa.ca
- **Student Affairs Office**
  - RGN Rm 2024, 613-562-5800 x 8136
  - Dr. Kay-Anne Haykal, Assistant Dean
  - medsao@uottawa.ca

### Academic and Career Wellness

**SAO - Career & Academic Guidance Counsellors**
- Career Planning Workshop Series
- Career events
- Residency Application Services
- Adverse Match Outcome – Support Services
- Academic accommodations

**Student Mentorship Program**
The Student Mentoring Centre is a student-run initiative that is designed to support 1st year students in the MD Program in developing new learning strategies and skills that will allow them to succeed in their medical studies. Mentors are 2nd year students that have been trained to provide guidance and academic support. Visit their Facebook page for more information: [uOttawa Faculty of Medicine Student Mentoring Centre](https://www.facebook.com/uOttawaFacultyOfMedicineStudentMentoringCentre/)

**Student Academic Success Service (SASS)**
- 100 Marie-Curie (4th Floor), sass@uottawa.ca

### Emotional & Mental Wellness

**Student Affairs Office (SAO)**
- RGN, Room 2024
- Services offered at the SAO:
  - Personal Counselling
  - Wellness Check
  - UOttawa Health Resource
  - Support for "Leave and absence"
  - Weekly Mindfulness Sessions

**Faculty of Medicine Wellness Program**
- RGN, Rm 3030
- 613-562-5800 x 8507
- wellness@uottawa.ca
- [http://med.uottawa.ca/professional-affairs/faculty-wellness-program](http://med.uottawa.ca/professional-affairs/faculty-wellness-program)
- Psychologist available via referral from SAO counsellor

**Crisis Situation:**
- **Mental Health Crisis Line:** 613-722-6914 (within Ottawa) or 1-866-996-0991 (outside Ottawa)
- **Ottawa Distress Line:** 613-238-3311
- **PAIRO 24Hour Helpline:** 1-866-HELP-DOC (1-866-435-7362)

### Extra Resources:

**Ask a Clerk!** – Student Mentorship Facebook group
- **IWellness Facebook group** (@uottawamedwellness)– Ask questions or learn more about upcoming events held by the SWC.
- **UOttawa First year and Clerkship Survival Guides:** [http://www.uottawameds.com/resources.html](http://www.uottawameds.com/resources.html)
Financial Wellness

SAO - Financial Education & Financial Aid
http://med.uottawa.ca/undergraduate/students/student-affairs/program-pillars/financial-guidance

Financial aid and awards:
For more information about specific scholarship and bursaries, please visit:
https://med.uottawa.ca/undergraduate/students/student-zone/scholarships-and-bursaries

MD Financial – Representatives offer annual presentation to medical students and offers individual appointments
https://mdm.ca/md-wealth-management

Social & Relationship Wellness

STUDENT SPACES:
NEW Medical Student Lounge – RGN Rm 2135
Aesculapian Society Lounge – RGN Rm 1016
RGN Student lounge – RGN 1st floor

Interest Groups:
uOttawa offers a wide variety of interest groups for student to be involved with that allow students to explore and learn about specific fields of medicine or various aspects of medicine and society.

- For a complete list of interest groups:
  http://www.uottawameds.com/interest-groups.html
- Or email: vpcommunityhealth.aesc@uottawa.ca

Physical Wellness

uOttawa Health Services:
100 Marie-Curie (1st floor), 613-564-3950
https://www.uottawa.ca/health/

Student Affairs Office or Faculty Wellness Program can provide a list of GPs that are accepting patients Code 99 – Doctors for Doctors

Student Wellness committee (SWC):
SWC offers weekly workouts in RGN or outside, weather permitting. For weekly updates, visit the “Wellness Committee Exercise Program” FB page.

UOttawa Fitness Centers (Membership included in tuition)

- Montpetit Hall and Pool: 125 University Private (Main Campus); Weekdays 7:15-23:00 Weekends 8:30-22:00
- Minto Sports Complex: 801 King Edward (Main Campus): Monday-Saturday 6:30-23:30, Saturday 6:30-20:30

Goodlife Gym – Cancer Centre, The Ottawa Hospital – General Campus (connected to RGN)
- Membership required

Outdoors activities: Bicycle paths throughout the city; Gatineau Park; Rideau Canal; Camp Fortune Ski Resort among many others