



uOttawa

Faculté de médecine
Faculty of Medicine

University of Ottawa

Faculty of Medicine; Ottawa, Ontario

KEY CONTACTS AND WEBSITES

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/>
- **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

PROVINCIAL RESOURCES:

Ontario Medical Association (OMA)

General Inquiries: 1-800-268-7215
info@oma.org

The College Physicians and Surgeons of Ontario

<http://www.cpsso.on.ca/>
For general inquiries: feedback@cpsso.on.ca

IMPORTANT WEBSITES

MD Program: <https://med.uottawa.ca/undergraduate/>
Student Affairs Office:
<https://med.uottawa.ca/undergraduate/students/student-affairs>

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-Centre de mentorat](#)

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>

- 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>

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

Spiritual Wellness

Multi-faith & Multicultural Interest Groups

- Christian Medical & Dental Society (CMDS)
- Jewish Medical Students Association
- Muslim Medical Association of Ottawa (MMAO)
- French Conversational Group

Spiritual, Religious, Faith-Based Organizations in Ottawa area:

<http://www.ementalhealth.ca/Ottawa-Carleton/Spiritual-Religious-Faith-based/index.php?m=heading&ID=266>

BE IN THE KNOW CAMPAIGN

The faculty of medicine is committed to providing a safe and positive learning environment for all learners, faculty and staff. The Faculty of Medicine has a ZERO tolerance for mistreatment of any form. But it can only act if inappropriate behaviours are reported back to the medical school. The purpose of the below website is to provide all users with the necessary information to 'Be in the know': Know the difference between teaching or mistreating, know where to get help, know how to report, know next steps.

<https://med.uottawa.ca/undergraduate/beintheknow>



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

