STATEMENT 3.2.5.1 – COUNSELLING FOR WINDSOR CLINICAL CLERKS
Undergraduate Medical Education

Approved by: Clerkship & Electives Committee
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I. PURPOSE

Being a medical student is not always exciting and rewarding. There are times when it seems to be all drudgery with no positive feedback. You are not a machine – merely human. Help is only a phone call away. If you need to talk with someone about your problems, the following options are completely confidential and will not be included in or affect your academic record. The Admissions & Student Affairs Office is totally independent of the Undergraduate Medical Education office.

II. DEFINITIONS

III. STATEMENT

- Dr. Art Kidd, Clerkship Student Counsellor, can be contacted at 519-258-1335.
- Dr. Maria Blass, Student Affairs Counsellor, is available for personal counselling and discussion of problems of any nature. Dr. Blass is located in the Medical Education Building at the Schulich School of Medicine & Dentistry's Windsor program location. You may make an appointment to see Dr. Blass by contacting the Admissions/Student Affairs Office by telephone at 519-253-3000 ext. 1411.
- Mr. Michael Farquhar, Admissions/Student Affairs Officer can also be contacted and is available to assist students. No appointment is necessary. Michael is located in the Medical Education Building at the Schulich School of Medicine & Dentistry’s Windsor program location at Room 2124.
- Dr. Michael Rieder, Acting Assistant Dean of Student Affairs, is available for personal counselling and discussion of problems of any nature (e.g., school pressures, study schedules, relationship difficulties, family troubles, stress, drug or alcohol abuse, grief, depression, financial problems, etc.). If referral to another professional is required, Dr. Rieder will assist in the arrangements. You can make an appointment to see Dr. Rieder by contacting the Admissions & Student Affairs office at the Western campus in the Kresge Building, Room K1, or by telephone at 519-661-3744.
- Mrs. Pamela Bere, Manager of Admissions & Student Affairs, can also be contacted and is available to assist students. No appointment is necessary. Pam is located at the Western campus in the Kresge Building, Rm K1.

**Student Health Services:** The Clinic at Student Health Services at the University of Windsor campus can take care of all of your healthcare needs. Please visit their website to find out what services are available: [http://www.uwindsor.ca/health](http://www.uwindsor.ca/health) You may also contact them by telephone at: 519-973-7002
**For Alcohol or Substance Abuse:** Absolutely confidential. Dr. Martyn Judson is a London physician who has offered to listen and provide alcohol or substance abuse counselling for any medical student. He will see students by self-referral. *Location:* 203-240 Wharncliffe Road North, London. *Phone:* 519-642-7676.

**HIV/AIDS Confidential Counselling:** *Unconditionally confidential.* In the event that you test positive for the HIV virus or develop AIDS during your career as a medical student, confidential counselling is available to advise you on University policies which deal with HIV/AIDS issues. Counselling is also available to help students cope with personal and social issues connected with HIV/AIDS virus. *Please contact Student Health Services at 519-661-3771, UCC Room 11.*

**Physician Health Program:** Dr. Michael Kaufmann is available to all medical students for confidential counselling and help for alcohol and drug problems and will provide referrals for other mental health issues. There is voice mail if you are calling after regular office hours. Your message will be answered promptly, usually the next day although there could be a delay on weekends. *Phone:* 1-800-851-6606 or *email:* physician_health@oma.org

**PAIRO:** The PAIRO 24-hour Help Line is available to residents, their partners and family members, as well as medical students. In order to provide this service, PAIRO has partnered with the Distress Centres of Toronto. When you call the toll-free number you will be directly connected to a Help Line assistant. These volunteers have had extensive training in acute crisis intervention, counselling for depression, anxiety and many other conditions. All calls are strictly confidential and anonymous. The calls are answered outside of the PAIRO office and cannot be traced. The toll-free number 1-866-HELP-DOC (1-866-435-7362) is accessible anywhere in Ontario, 24 hours a day, 7 days a week.

**Student Development Centre (SDC):** SDC is located in Room 4100, Western Student Services Bldg on the Western Campus (WSSB) and offers a wide range of services. Call them at 519-661-3031 or visit their website: [http://www.sdc.uwo.ca](http://www.sdc.uwo.ca) Some of the services available are:
- Services for Students with Disabilities 519-661-2147
- Western Effective Writing Program 519-661-3031
- Indigenous Services 519-661-4095
- Resource Library 519-661-3559