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 Learner Equity and Wellness Office is totally independent of the Undergraduate Medical Education Office.

II. DEFINITIONS

LEW Learner Equity and Wellness
PAIRO Professional Association of Interns and Residents of Ontario

III. STATEMENT

1.0 Dr. Michael Rieder, Assistant Dean, LEW, is available for personal counselling and discussion of problems of any nature (including 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 LEW office which is located in Room 1, Kresge Bldg at 519-661-3744.

2.0 Mrs. Pamela Bere, Manager of LEW can also be contacted and is available to assist students. No appointment is necessary. Pam is located in Room 1, Kresge Bldg and can be reached at 519-661-2111, ext 86250.

3.0 For Alcohol or Substance Abuse: Absolutely confidential. Dr. Martyn Judson is a local 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 Rd North, London; 519-642-7676.

4.0 HIV/AIDS Confidential Counselling: Absolutely 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. Please contact Student Health Services at 519-661-3771, UCC Room 11.

5.0 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
9.0 Psychological Services: Confidential professional counselling is available to help you cope with personal and/or social concerns. You are encouraged to drop in to the centre or call ahead for an appointment. Office hours: 0830-1630. Location: WSSB Rm 4100. Phone: 519-661-3031.

- If you sometimes hurt and need to reach out for help, consider it to be part of your personal growth and development for your future role. The experiences may make you a better helper later.
- Don’t forget to let your teachers, mentor, family and friends within and outside the medical school be supportive of you. Make time to socialize, to laugh, to talk. Medical studies can be very isolating. We urge you to build communication time into your schedule. It’s good preventative medicine!

10.0 Student Health Services: Offers an excellent service in the area of professional personal counselling. There may be a waiting period of 1-2 weeks. Counsellors are available by appointment. Don’t let your medical or emotional concerns affect your academic success or well-being. Office hours: 0830-1630. Location: WSSB Rm 4100. Phone: 519-661-3031.