



# Memorial University of Newfoundland

*Faculty of Medicine St. John's, Newfoundland and Labrador*

## Contact Information

### Faculty Wellness Program Contact:

Dr. Scott Moffatt

709-864-6368 or  
[scott.moffatt@med.mun.ca](mailto:scott.moffatt@med.mun.ca)

### Student Wellness Committee Contact:

Deanne Williams

709-864-6368 or  
[deanne.williams@med.mun.ca](mailto:deanne.williams@med.mun.ca)



## Mental, Emotional and Spiritual Wellness

MUN Counselling Centre  
Tel: (709) 864-8874  
<http://www.mun.ca/counselling/home>

NLMA In-Confidence Program  
1-877-418-2181 or go online at  
[www.myinconfidence.ca](http://www.myinconfidence.ca)

Provincial Mental Health Services  
24-hour mental health crisis line: 737-4668 (local St. John's) or 1-888-737-4668 (province-wide)

Mobile Crisis Response Team: 1-888-737-4668 St. John's Region

Psychiatric Assessment Unit: 777-3021 or 777-3022 24 hour Walk-in Crisis Service at the Waterford Hospital Site on Waterford Bridge Rd.

## Physical Wellness

Student Health Clinic (on-campus)  
(709) 864-7597  
<http://www.mun.ca/health/>

MD Link (offered through NLMA)  
1-800-563-2003/ (709) 726-7424  
<http://www.nlma.nl.ca/Wellness/MD-Link/>

The Works (on campus)  
<http://www.theworksonline.ca>

GoodLife Fitness:  
<http://www.goodlifefitness.com/>

Moksha Yoga:  
<http://st-johns.mokshayoga.ca>

Lots of outdoors activities to do year round, both within St. John's city limits and beyond:

<http://www.newfoundlandlabrador.com>

***"Building a healthy tomorrow"***

**Financial Counsellor**  
Faculty of Medicine  
Office of Student Affairs

Philip Kearley, BRC, BBA, PFP(c)  
Financial Counsellor, Office of Student Affairs  
709-864-6368  
Philip.kearley@med.mun.ca

Financial Assistance

**Quick Find**

Financial Support Services from the  
Office of Student Affairs

<https://www.med.mun.ca/StudentAffairs/Financial-Support.aspx>



**Career Planning and Academic Support**

**MUN MedCAREERS**

- takes you through personality and self-assessment exercises that determine what motivates and inspires you.
- offers presentations and seminars in a variety of specialty-related areas.
- provides physician contacts who can guide you on elective selection and specialty choice.
- provides access to other programmes and resources related to residency application.

Visit:

<https://www.med.mun.ca/MedCareers/Home.aspx>

Contact:

Dr. June Harris  
Director of MedCAREERS  
juneh@mun.ca  
809-777-6747

***Memorial University of Newfoundland***

**Where to study:**

Health Science Library (located in the Health Science Centre and Faculty of Medicine)  
<http://www.library.mun.ca/hsl/>

Other libraries on campus:  
<http://www.library.mun.ca/ourlibraries/>

**Where to relax, eat, cook, store your food, watch TV, meet other medical students/residents:**

Student Lounge (located on the 2nd floor of the Faculty of Medicine):  
[http://www.med.mun.ca/StudentAffairs/Administrative\\_Services.aspx](http://www.med.mun.ca/StudentAffairs/Administrative_Services.aspx)

**Eating at the Health Sciences Centre:**

Tim Horton's, Healthy Choices Café, and Cafeteria

**Other food on campus:**

<http://mun.campusdish.com/Locations.aspx>

**Groceries in St. John's:**

The Dominion  
 260 Blackmarsh Rd  
 St John's, NL  
 (709) 579-0133

The Dominion  
 20 Lake Avenue  
 St John's, NL  
 (709) 576-1160

Sobey's  
 8 Merrymeeting Rd  
 St John's, NL  
 (709) 726-2242

**Highlights and Extras**

Events and festivals:

<http://www.stjohns.ca/visiting-our-city/things-do/annual-events>

Attractions:

<http://www.stjohns.ca/visiting/things-do/attractions>

Restaurants:

<http://www.stjohns.ca/visiting/restaurants>

Arts and Culture:

<http://www.stjohns.ca/visiting-our-city/arts-and-culture>

Shopping:

<http://www.stjohns.ca/visiting-our-city/things-do/shopping>

Local News:

<http://www.thetelegram.com>

Alternative Newspaper:

<http://theovercast.ca>