

**Key Contacts and Websites**

**University of Alberta**  
*Faculty of Medicine and Dentistry; Edmonton, Alberta*

University of Alberta Medical Students Association

**Adam Mullan,** MSA President

[msapresident@ualberta.ca](mailto:msapresident@ualberta.ca) *, 780-243-8111*

**Jillian Schneider,** MSA VP Student Affairs

[msavpstudentaffairs@ualberta.ca](mailto:msavpstudentaffairs@ualberta.ca)

Alberta Medical Association

T 780.482.2626; Toll-free 1.800.272.9680

Email [amamail@albertadoctors.org](mailto:amamail@albertadoctors.org)

**Learner Advocacy & Wellness Office**

1-134 Katz Group Centre for Pharmacy & Health Research; Edmonton, AB T6G 2E1

Tel: 780-492-3092 / 780-492-3150 Fax: 780-492-1329

**Dr. Melanie Lewis,** Associate Dean, Student Affairs

[ML5@ualberta.ca](mailto:ML5@ualberta.ca)

**Dr. Cheryl Goldstein,** Assistant Dean, Student Affairs

[cgoldste@ualberta.ca](mailto:cgoldste@ualberta.ca)

Websites

**MD Program:** [www.ualberta.ca/medicine/programs/md](http://www.ualberta.ca/medicine/programs/md)

**Student Affairs:** [www.ualberta.ca/medicine/programs/support-wellness](http://www.ualberta.ca/medicine/programs/support-wellness)

**Medical Student Association:** [www.msa.ualberta.ca/](http://www.msa.ualberta.ca/)

**School Wellness Resource:** [www.uasucares.su.ualberta.ca/en/](http://www.uasucares.su.ualberta.ca/en/)

**Alberta Student Aid**

Receive up to $7,500 per semester in combined Alberta and Canada student loans.

[*www.studentaid.alberta.ca/*](http://www.studentaid.alberta.ca/)

**Out of Province Student Loans**

Please select your province of residency for further information on your student loan application.

[*www.ualberta.ca/registrar/scholarships-awards-financial-support/student-loans/out-of-province*](http://www.ualberta.ca/registrar/scholarships-awards-financial-support/student-loans/out-of-province)

**Undergraduate Awards**

If you are a continuing student (in your second year or later), you may be eligible for the following listed scholarship opportunities.

[*www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards*](http://www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards)

**Emergency Loans**

Learners in the Faculty of Medicine & Dentistry in desperate financial need - who have exhausted all other sources of funding - may apply to the associate dean of leaner advocacy & wellness for a small, one-time emergency loan

*See contact above.*

**Financial Wellness**

**Hanson Fitness and Lifestyle Centre**

Offers an on campus gym and a variety of fitness classes students can register for given on campus.

*Phone: 780-492-7114; Email:*[*fitness@ualberta.ca*](mailto:%20fitness@ualberta.ca)

**University Health Centre**

A variety of services available to students, staff members, and spouses and children of students. Include sexual health services, obstetrics and gynecology, and immunizations.

[*www.ualberta.ca/services/health-centre*](https://www.ualberta.ca/services/health-centre)

**Find a Family Physician**

If you are looking for a family doctor, some of the best sources to help you find one are listed on this website.

[*www.acfp.ca/find-family-physician/*](http://www.acfp.ca/find-family-physician/)

**Intramural Sign Up**

Occurs at the beginning of each semester. Simply contact your sports reps to sign up or access the following website independently.

[*www.imleagues.com/spa/intramural/850c8cefedf44f1f84bb73b3bf05d3cf/home*](http://www.imleagues.com/spa/intramural/850c8cefedf44f1f84bb73b3bf05d3cf/home)

**HealthLink Alberta**

HealthLink is an Alberta service that provides health advice 24/7, all days of the year. Calls are answered by registered nurses.

*To access, phone 811. If out of province, or using internet phone, call 1-866-408-5465.*

**Physical Wellness**

***University of Alberta***

**Students Union Tutoring Services**

Information on signing up as a tutor and/or tutee looking for extra academic help.

*T: 1-780-492-4212 E: infolink@su.ualberta.ca*

[*www.su.ualberta.ca/services/infolink/tutor/registry*](http://www.su.ualberta.ca/services/infolink/tutor/registry)

**U of A Career Centre**

Information on events and services for career and employment advising.

*T: 1-780-492-4291 E: yourcareercentre@ualberta.ca*

[*www.ualberta.ca/career-centre/services/advising-appointments*](http://www.ualberta.ca/career-centre/services/advising-appointments)

**John C. Scott Health Sciences Library**

Located in the Walter C Mackenzie centre, this space is open 7 days a week and provides information related to Health Sciences study

*T: 1-780-492-7947 E: jwsinfo@ualberta.ca*

[*www.library.ualberta.ca/locations/scott*](https://www.library.ualberta.ca/locations/scott)

**University of Alberta Library Information**

[*www.library.ualberta.ca/*](https://www.library.ualberta.ca/)

**Academic and Career Wellness**

**Counselling and Clinical Services**

Provides accessible and compassionate psychological and psychiatric services to U of A students, using a short-term therapy model.

*T:1-780-492-5205*

**Peer Support Centre**

Offers a free, confidential, and non-judgemental place to talk to someone for support

*T: 1-780-492-4357 E:* [*psc@su.ualberta.ca*](mailto:psc@su.ualberta.ca)

**Helping Individuals at Risk (HIAR)**

A confidential, centralized resource for members of the campus community to report worrisome behaviours or concerns about individuals at risk of harming themselves or others to help connect individuals to supports.

*T: 1-780-492-4372 E:* [*hiarua@ualberta.ca*](mailto:hiarua@ualberta.ca)

**Edmonton Distress Line**

24-hour crisis support and professional counselling.

*T: 1-780-482-4357*

-Psychologist accessibility

**Emotional/Mental Wellness**

**Medical Students Association (MSA) Clubs Page**

Over 55 student run clubs are available to participate in and work with numerous organizations across Edmonton. Leaders can be contacted by the emails provided below.

[*www.msa.ualberta.ca/en/ClubsAndInitiatives/ClubsAndInterestGroups.aspx*](http://www.msa.ualberta.ca/en/ClubsAndInitiatives/ClubsAndInterestGroups.aspx)

**MSA Calendar and Events**

Access the below website to make sure you’re up to date on all the upcoming social and volunteer events for medical students at U of A.

[*www.msa.ualberta.ca/MSA%20Calendar.aspx*](http://www.msa.ualberta.ca/MSA%20Calendar.aspx)

**The Fish Tank**

This lounge is available for all medical students and clerks and provides a space to relax during your busy schedule. As you turn left before the steps heading to the John C Mackenzie library from the Katz building, the medical students lounge is the first door on your left. Just swipe your card and chill out for a bit.

**Social/Relationship Wellness**

**Interfaith Chaplains’ Association**

Support and guidance is available for students of various faith backgrounds. Weekly events take place and newcomers of all beliefs are welcome. Multi-faith rooms are also available for booking

*T: 1-780-492-0339 E: interfaithchaplains@ualberta.ca*

[*www.ualberta.ca/current-students/interfaith-chaplains/*](https://www.ualberta.ca/current-students/interfaith-chaplains/)

**Interfaith Centre**

3-02 Students’ Union Building

**Multi-faith Prayer and Meditation Space**

172 HUB – small and large rooms available

**Aboriginal Students Services Association**

Information on programs and housing for FNMI students is available

*T: 1-780-492-5677 E:* [*assc.reception@ualberta.ca*](mailto:assc.reception@ualberta.ca)

**Christian Medical and Dental Society (CMDS)**

U of A chapter, E: bannon@ualberta.ca

[*www.msa.ualberta.ca/en/ClubsAndInitiatives/ClubsAndInterestGroups/ChristianMedicalAndDentalSociety.aspx*](http://www.msa.ualberta.ca/en/ClubsAndInitiatives/ClubsAndInterestGroups/ChristianMedicalAndDentalSociety.aspx)

**Spiritual Wellness**

**[Resource]**

[Description]

*[Contact info/how to access]*

Things to Include:

-Med student lounge space location

-MSA clubs page link

-Etc.

**Social/Relationship Wellness**