THE WELL OFFICE NEWSLETTER
for Learners from ISoN, SPOT, and SCSD

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Dear ISoN, SPOT, and SCSD Learners,

It has been another interesting academic year for everyone!

A year of resilience, challenges and continuing to find many new and innovative ways to learn and support one another in positive ways. Learners became comfortable with uncertainty and evolving change. I thank faculty and leadership for all they have done and continue to be energized and impressed by the creative problem solving, advocating, and insight of learners.

What will life and learning look like as we move through the evolving pandemic times. A question we all reflect upon but one I am confident we will figure out together.

I want to wish you good luck in your final exams, upcoming clinical placements and research endeavors! I know that you are working hard and want to remind you that the WELL Office is here for you. If you are feeling overwhelmed, experiencing academic difficulty, in need of academic guidance, or experiencing issues in the academic or clinical learning environments please make an appointment as early as possible and prioritize your well-being. Being proactive is key!

For those of you graduating, on behalf of the WELL Office Team I want to wish you much good luck, happiness, good health and success as you embark on the next stage of your exciting journey.

Please take a few minutes to look through our newsletter to find events and a wide assortment of resources that are available to you.

Good luck with the remainder of your semester and in your final exams.

All the very best to everyone!

Professor Deborah Friedman BSc pht MMgmt
Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences
Associate Professor Department of Pediatrics & Pediatric Surgery
Co-Director, The WELL Office
Email: deborah.friedman@mcgill.ca
WELL OFFICE SERVICES
FUNCTIONING REMOTELY!

The WELL Office continues to offer services remotely to learners from ISoN, SPOT, and SCSD.

To schedule a **virtual or phone counselling appointment** with our Wellness Consultants, please do so via the MS Bookings links below. You can also book using our **website**!

Alissa Vincenti, M.A.
Canadian Certified Counsellor (C.C.C.)

Nicole-Ann Shery
On Maternity Leave
Returning Fall 2022

**Book an Appointment**

If you are having difficulty finding an appropriate timeslot, please contact the WELL Office at 514-398-5836 or thewelloffice@mcgill.ca and we will do our best to accommodate you.

If you are in need of academic guidance, are experiencing difficulties in the academic/clinical learning environments, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at deborah.friedman@mcgill.ca.

To access other wellness resources, visit the WELL Office Resources tab.
# THE WELL OFFICE

To respond to questions received from learners about two available resources:

The Faculty of Medicine and Health Sciences WELL Office and McGill University Wellness HUB.

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<tr>
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<th>WELL Office</th>
<th>Wellness HUB</th>
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<tr>
<td><strong>Who We Serve</strong></td>
<td>Learners from ISoN, SPOT, SCSD, UGME, PGME, DENT</td>
<td>All McGill Students (including learners from ISoN, SPOT, SCSD, UGME, PGME, DENT)</td>
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<td><strong>Services and Resources</strong></td>
<td>Counselling, academic and clinical learning environment guidance, support groups, Wellness Curriculum sessions, and inter-professional learner activities and committees</td>
<td>Medical appointments (Nurse, Doctor, Psychiatrist, Nutritionist), Counselling and workshops + other health promotion services</td>
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<td><strong>Website</strong></td>
<td>WELL Office website</td>
<td>Wellness HUB website</td>
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| **Booking Method**     | Online booking (self-managed appointments).  
If an urgent appointment is needed, CALL to complete an urgent assessment form, or you are having difficulties booking online: 514-398-5836 | Online booking for workshops, access advisors and local wellness advisors.  
CALL to book with all other HUB clinicians: 514-398-6017 |
WELL OFFICE EVENT
The Faculty of Medicine and Health Sciences:
Inter-Professional Terry Fox Run

Save the Date
September 18th, 2022

Please note this event is subject to change pending the evolving pandemic situation and public health guidelines.
DID YOU KNOW...

The McGill Tutorial Services offers learning supports
*Click on any title below*

- Thriving with Online Learning
- Effective Time Management
- Learning and Memory Strategies
- Note-Taking Strategies
- Test-Taking Strategies
- Attend a Webinar
The Office for Respectful Environments (ORE) is now responsible for the intake of mistreatment reports in clinical learning environments, triaging mistreatment reports and monitoring their progress. The ORE also works to meet University and Faculty goals of maintaining respectful learning environments that reflect the principles set out in the Faculty of Medicine and Health Sciences’ Code of Conduct and expected levels of professionalism.

Should you choose to submit an incident report of mistreatment, please explore your reporting options here, on the ORE website.

If you are in need of guidance, please make an appointment with Prof. Deborah Friedman, Assistant Dean of Student Affairs.

If you are in need of emotional support, we invite you to make an appointment with one of our Wellness Consultants.

Appointments are booked via our Contacts and Appointments page.
FREE COUNSELLING AND PSYCHOLOGICAL RESOURCES AVAILABLE TO SUPPORT YOU

Click on the headings for more information

**Keep.meSAFE**
Professional, confidential counselling via chat, phone, or video, available 24 hours a day/7 days a week/365 days of the year.

**Peer Support Centre**
Confidential and non-judgmental support offered by trained McGill students. Open 9am-7pm weekdays.

**McGill Nightline**
Confidential, anonymous, non-judgmental listening service, run by trained McGill Students. Open from 6pm to 3am during the school year.
514-398-6246

**The Wellness Hub**
Professional, confidential counselling. Students who are located in Quebec at the time of their appointment are eligible. Access your Local Wellness Advisor as an additional resource if you are a graduate student.
WELL OFFICE RESOURCES

The WELL Office Podcast

Yoga & Meditation

Staying Well during COVID-19

Anti-Racism & Coping

Wellness Resources

Using your Senses to Experience Joy
THE FACULTY OF MEDICINE AND HEALTH SCIENCES
WELL OFFICE TEAM FOR ISON, SCSD, SPOT

Prof. Deborah Friedman
Assistant Dean, Student Affairs

Susan Begg
Administrative Coordinator

Kathryn Wiens
Operations Manager

Alissa Vincenti
Wellness Consultant

Nicole-Ann Shery
Wellness Consultant
On Maternity Leave
Returning Fall 2022

Kathryn Wiens
Operations Manager