

Mental Health Matters



Medical Student Counseling Center
November 2021



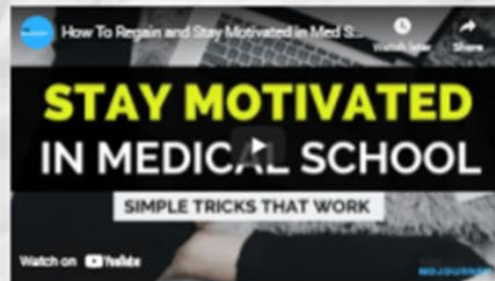
Take time to check on your mental health

International Stress Awareness Day is November 6th! Take time to be screened throughout the semester by appointment during regular office hours. Call MSCC at 319-335-8056 to schedule a confidential appointment with a licensed counselor!

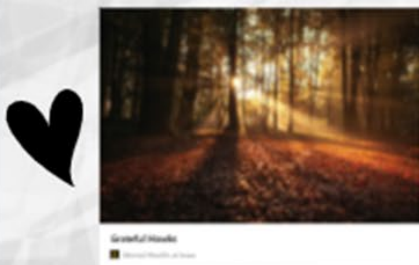
Stress Survival guide
crazyheadlines

BODY	MIND	SOUL
healthy sleep	talk about what's stressing you out	engage in positive self talk
move your body	keep a stress journal	practice saying "no" more
get your nutrients	prioritize your time, write lists of what needs to be done, and when	take a hiatus from social media
deep breathing	break big tasks into smaller steps	accept that stress is a normal part of life
relax muscles	set healthy habits and rituals	try mindfulness
take a lil nap	ask for some help	let yourself rest if you're close to a burnout; your mental health comes first
listen to calming music	consider seeing a counselor if it's too much	
take a bath		

Motivation in medical school



Being grateful in everyday life



How to be a Grateful Hawk!

1. Time- set aside to reflect
2. Thought- to what you have
3. Generosity- to those with less
4. Ask- others what they are thankful for
5. Acknowledge- others in your life

www.success.com/rohn-5-ways-to-be-more-grateful-on-the-daily/

[Grateful Hawks](#)

[Stay motivated in medical school](#)

November Workshops

Academic Skills Workshop (M3-M4 panel): ANKI demo and helpful study resources for Preclinical students

November 16th @5pm Via Zoom

Have you been wondering WHAT study resources you to consider, and WHEN to use them?

You will hear from a panel of helpful M3 and M4 students sharing their experience with using (or not using) outside resources.

Anki demonstration will be included!

The panelists will share experience of from preclinical to clinical phase.

Feel free to submit questions to the panel ahead of time to:

Chia-wen-moon@uiowa.edu

<https://uiowa.zoom.us/j/99627451430>

Open to all Medical and PA students

Mental Health: QPR bystander training

November 17th @5pm Via Zoom

QPR--Question, Persuade, Refer—prepares you to help a friend, colleague, or family member who may be thinking of suicide.



<https://uiowa.zoom.us/j/97378862389?pwd=MkQwYW9JVnB1ZXFEeU02UEUxbkRpQT09>

Open to all Medical and PA students

<https://uiowa.zoom.us/j/99627451430> Panel

<https://uiowa.zoom.us/j/97378862389?pwd=MkQwYW9JVnB1ZXFEeU02UEUxbkRpQT09>- QPR

MSCC Appointment-based Services

MSCC counselors are available for academic, career and personal counseling appointments in person or by Zoom during office hours (8AM-5PM, M-F).

To schedule a regular (non-urgent) in person or Zoom appointment, please call the Center (319-335-8056) during office hours, email the MSCC at osac-mscc@uiowa.edu, or contact a counselor directly.

Psychiatry Services

Contact the MSCC if you would like assistance in arranging confidential in person or telehealth psychiatric services, such as medication or a psychiatric evaluation. We can also provide you with information about psychiatric services at Student Health and in the community.

There is no charge for psychiatric appointments with the designated providers at UIHC Behavioral Health.

If you or someone you know is having a suicidal crisis, contact the MSCC at 319-335-8056, 1240 MERF during office hours or use one of the resources listed above at any time. For emergency assistance call 911

MSCC INFORMATION

Mental Health Crisis Services

During office hours call or visit the MSCC and indicate the need for immediate assistance.

The following services are available anytime:

CommUnity Crisis Center

319-351-0140

UIHC Psychiatry Resident On-Call

319-356-1616

Mobile Crisis Outreach Program

855-800-1239

Foundation 2

800-332-4224

National Suicide Prevention Hotline

800-273-8255

National Graduate Student Crisis Line

800-472-3457

UI Department of Public Safety

319-335-5022

UIHC Emergency Treatment Center

319-356-2233

Crisis Text Line

Text "HOME" to 741741

MSCC Resource Library

In-Person browsing guideline:

1. Browsing hours: Monday-Friday 11-1pm, 3-5pm.
2. No reservation required. Please limit 10 minutes browsing time per person.
3. In order to monitor the number of people in the Resource Library/MSCC office, please keep the maximum of 2 people browsing in the library at a time. Please refrain from coming in as a group.
4. Students can use the self check-out laptop or ask a MSCC staff member to assist to check out books.

Reserve books online:

1. Log into online website with your HawkID and password: <https://uiowamscclibrary.follettdestiny.com>
2. Browse and hold the books you want to reserve online.
3. Scott will process your request, and send you a confirmation via email. Scott can deliver books to your mailbox in your Learning Community.
4. If you encounter any issues with online system, please send an email to osac-mscc@uiowa.edu to reserve books. Please include: book title, edition, ISBN (if you have it), and Learning Community.