

# Mental Health Matters!



Medical Student  
Counseling Center  
**February 2022**



## Black History Month

February is Black History Month where we take time to celebrate the achievements of Black Americans and honor the significant role and impact they have made on all facets of life and society throughout U.S. history.

Find more information on BHM on the UI campus here:  
<https://multicultural.uiowa.edu/celebrations/black-history-month/>

Follow CCOM Office of Diversity, Equity, and Inclusion on Facebook @DEICCOM, Instagram @DEI CCOM, or go to <https://medicine.uiowa.edu/diversity/about-office> for more information!

## Eating Disorder Awareness Week

February 21st-27th



Check out [nationeatingdisorders.org](https://nationeatingdisorders.org) for more information and referral resources nationwide!

Go to <https://studentwellness.uiowa.edu/appointments/nutrition> to set up an appointment with JoAnn and to check out some other UI resources at the bottom of the page!



Also check out the Eating Disorder Network on the UI campus at <https://studentwellness.uiowa.edu/eating-disorder-network>



Body Image and Eating Disorder  
Awareness

Check out

<https://uiowa.campuslabs.com/engage/organization/bieda> for  
an organization aimed at awareness on the UI campus!



UNIVERSITY OF IOWA  
HOSPITALS & CLINICS  
University of Iowa Health Care

Visit [uihc.org/eating-disorder-program](http://uihc.org/eating-disorder-program) for more information  
about the UIHC program for eating disorders



# MSCC February Workshops

## Academic Skills

### **Time Management and Pomodoro:**

Understand how to budget time, manage  
distractions and procrastination with Pomodoro to  
build productive study routine that works!

**Monday February 14th**

**12:10-12:55 via Zoom**

<https://uiowa.zoom.us/j/92466754094?pwd=TGNqUzNvL3QyRFZZKzVhN1VpVEhRZz09>

## Mental Health

### **QPR- Question, Persuade and Refer:**

3 Simple steps to help someone in mental  
health distress!

**Wednesday February 16th**

**5-6pm via Zoom**

<https://uiowa.zoom.us/j/93779168377?pwd=dDZkZUNQRjdKRFBna2VEbktWcHdNQ09>

## Careers in Medicine

### **Making the Most of Mentorship:**

Information and discussion about developing  
successful mentoring relationships





successful mentoring relationships

## Monday February 21st 5:30-6:30pm via Zoom

<https://uiowa.zoom.us/j/99237480485?pwd=em1kSWFQMVRYYjJqNXV1VWtd0VJZz09>

*All workshops open to all PA and MD students  
See below for Zoom links!*

Academic Skills: <https://uiowa.zoom.us/j/92466754094?pwd=TGNqUzNl3QyRkZkZVhN1VpVh8Zz09>

Mental Health: <https://uiowa.zoom.us/j/93779168377?pwd=dDZkZUNORjZkRFBna2VEbktWcHdNOT09>

Careers in Medicine: <https://uiowa.zoom.us/j/99237480485?pwd=em1kSWFQMVRYYjJqNXV1VWtd0VJZz09>

### 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](mailto: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.

### 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

UI Student line: 1-844-461-5420

#### 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

**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 on the right at any time. For emergency assistance call 911**

## **UIHC Emergency Treatment Center**

**319-356-2233**

## **Crisis Text Line**

**Text "HOME" to 741741**

## **\*\*Physician Support Line\*\***

**(for medical students)**

**1-888-409-0141**

**Open 7 days a week/ 8am-1am ET**

**<https://www.physiciansupportline.com/>**

MSCC Spring 2022 Workshops				
February				
Mon, Feb 14	Academic Skills Workshop	<b>Time management and Pomodoro</b> <a href="https://uiowa.zoom.us/j/92466754094?pwd=TGNqUzNvL3QyRFRZKzVhN1VpVEhRZz09">https://uiowa.zoom.us/j/92466754094?pwd=TGNqUzNvL3QyRFRZKzVhN1VpVEhRZz09</a> Meeting ID: 924 6675 4094 Passcode: 603358	12:10-12:55 pm	Zoom
Wed, Feb 16	QPR Training	<b>QPR – Question, Persuade, and Refer.</b> The 3 simple steps anyone can learn to help a friend in distress. Zoom: <a href="https://uiowa.zoom.us/j/93779168377?pwd=dDZkZUNQRjdKRFBna2VEbktWcHdNQT09">https://uiowa.zoom.us/j/93779168377?pwd=dDZkZUNQRjdKRFBna2VEbktWcHdNQT09</a>	5:00-6:00 pm	Zoom
Mon, Feb 21	Careers in Medicine Workshop	<b>Making the Most of Mentorship.</b> Zoom: <a href="https://uiowa.zoom.us/j/99237480485?pwd=em1kSWFQMVRyYjJqNXV1VWtd0VJz09">https://uiowa.zoom.us/j/99237480485?pwd=em1kSWFQMVRyYjJqNXV1VWtd0VJz09</a>	5:30-6:30 pm	Zoom
March				
Thu, Mar 3	Academic Skills Workshop	<b>Step 2CK Panel.</b> (For students who have upcoming Step 2CK in 2022) <a href="https://uiowa.zoom.us/j/91441892321?pwd=dG9ETDdRdXN4ZjBjYnhBUG9QSVdJz09">https://uiowa.zoom.us/j/91441892321?pwd=dG9ETDdRdXN4ZjBjYnhBUG9QSVdJz09</a> Meeting ID: 914 4189 2321 Passcode: 352712	5:00-6:00 pm	Zoom
April				
Wed, Apr 13	QPR Training	<b>QPR – Question, Persuade, and Refer.</b> The 3 simple steps anyone can learn to help a friend in distress. Zoom: <a href="https://uiowa.zoom.us/j/92249340114?pwd=amFYbzM4SVFyVzBsRnVvQVoyckRzd09">https://uiowa.zoom.us/j/92249340114?pwd=amFYbzM4SVFyVzBsRnVvQVoyckRzd09</a>	5:00-6:00 pm	Zoom
Tue, Apr 26	Careers in Medicine Workshop	<b>Choosing a Specialty: M4 Panel Discussion.</b> Zoom: <a href="https://uiowa.zoom.us/j/92184755443?pwd=d0ZSODI4VE9qWGdoZ04wYk5XZWJlEQ09">https://uiowa.zoom.us/j/92184755443?pwd=d0ZSODI4VE9qWGdoZ04wYk5XZWJlEQ09</a>	5:30-6:30 pm	Zoom

MSCC Spring 2022 Small Group Offerings			
	<b>Academic support small group: "Time and Organization Series": 4 sessions for Pre-Clinical Students.</b> <b>**Space is limited/RSVP required. Contact: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a> for details/link.</b>		
Mon, Feb 21	Pre-Clinical Students: Time awareness, scheduling, and reward	12:10-12:55 pm	Zoom**
Mon, Mar 7	Pre-Clinical Students: Priority, to do list, and overcoming obstacles	12:10-12:55 pm	Zoom**
Mon, Mar 21	Pre-Clinical Students: Motivation and set up an organization system	12:10-12:55 pm	Zoom**
Mon, Apr 4	Pre-Clinical Students: Project planning and implementation	12:10-12:55 pm	Zoom**
	<b>"Navigating Your Mental Health in a Health Care Profession." Topics to be discussed in an education / discussion format dealing with anxiety and other mental health issues, mindfulness, academic pressure, perfectionism, taking time for yourself/ journaling and other topics as requested.</b> <b>**Please contact: <a href="mailto:christina-sowers@uiowa.edu">christina-sowers@uiowa.edu</a> for details/link.</b>		
Sun, Mar 20	Recognizing mental health concerns and self-care	5:00-6:00 pm	Zoom**
Sun, Apr 3	Dealing with academic pressure and perfectionism	5:00-6:00 pm	Zoom**
Sun, Apr 17	Challenging negative thinking	5:00-6:00 pm	Zoom**
Sun, May 1	Mindfulness and journaling techniques	5:00-6:00 pm	Zoom**
	<b>Academic support small group: "Time and Organization Series": 4 sessions for Clinical Students.</b> <b>**Space is limited/RSVP required. Contact: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a> for details/link.</b>		
Mon, Apr 4	Clinical Students: Time awareness, scheduling, and reward	5:15-6:00 pm	Zoom**
Mon, Apr 18	Clinical Students: Priority, to do list, and overcoming obstacles	5:15-6:00 pm	Zoom**
Mon, May 2	Clinical Students: Motivation and set up an organization system	5:15-6:00 pm	Zoom**
Mon, May 16	Clinical Students: Project planning and implementation	5:15-6:00 pm	Zoom**