

MEDICAL STUDENT COUNSELING CENTER STAFF



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Scott Hansen, BA, MFA

Administrative Services Coordinator
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WE MAKE IT EASY TO MEET WITH A COUNSELOR

- Call the MSCC at 319-335-8056 to schedule an appointment.
- Stop by 1240 MERF between 8 a.m and 5 p.m. Monday through Friday.
- Email mssc@healthcare.uiowa.edu or any MSCC staff member to request an appointment time.

Email is not a secure mode of communication and should not be used for urgent appointment requests or to communicate private information. The MSCC will use email to convey nonconfidential information (appointment times, workshop information and opportunities) unless requested otherwise on the intake form.

MEDICAL STUDENT COUNSELING CENTER

Hours:

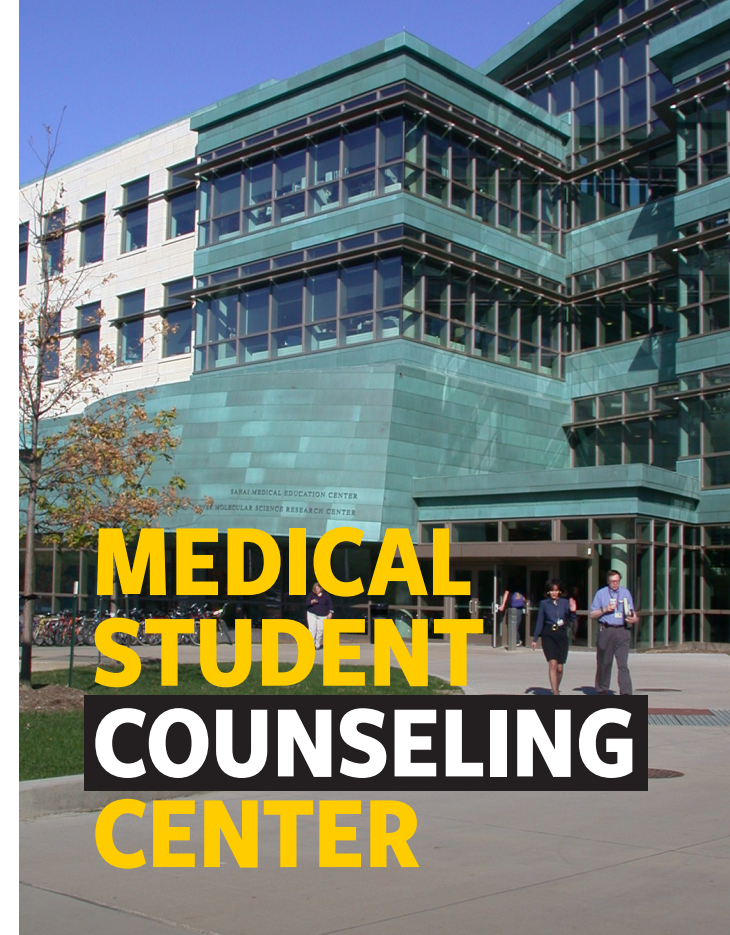
Monday through Friday; 8 a.m. to 5 p.m.
Other appointment times may be arranged.

University of Iowa
Roy J. and Lucille A. Carver College of Medicine
Office of Student Affairs and Curriculum
1240 Medical Education Research Facility
Iowa City, IA 52242

Phone: **319-335-8056**

Fax: **319-384-3030**

Email: mssc@healthcare.uiowa.edu
medicine.uiowa.edu/md/supporting-students/student-counseling



Counseling services for medical and
physician assistant students

We are here to help!

319-335-8056
[medicine.uiowa.edu/md/supporting-students/
student-counseling](https://medicine.uiowa.edu/md/supporting-students/student-counseling)





MEDICAL STUDENT COUNSELING CENTER

The Medical Student Counseling Center (MSCC) provides a range of services for medical and physician assistant students to support and enhance well-being and success.

Services include personal counseling, academic and career support, and assistance in obtaining disability accommodations. Our services are confidential, convenient, effective, and free.

UNDERSTANDING CONFIDENTIALITY

Information from your counseling sessions will be treated with confidentiality and will not be shared with anyone outside the MSCC without your written permission, except in rare instances, when required by law.

Your counseling records are separate from your academic records and are not accessible to anyone outside of the MSCC.

If you wish to have information about your counseling shared with anyone outside the MSCC, please ask your counselor about signing an Authorization to Release Information form.

MEDICAL STUDENT COUNSELING CENTER SERVICES

☐ **Personal Counseling**

Confidential personal counseling is provided by professional counselors for personal issues, mental health concerns, and relationship problems. Mental health screenings and referrals are also available.

☐ **Academic Support**

A full-time learning specialist provides assistance with study skills, test-taking strategies, time-management, and other organizational learning skills.

Tutoring is available from medical students who have already completed a course of study and have demonstrated their mastery of the material.

☐ **Career Support**

Counseling is available to help students explore and decide upon an area of medical practice and prepare for residency match.

☐ **Disability Services**

Students with learning, mental health, and other disabilities may be eligible for accommodations to provide an equal opportunity to succeed.

☐ **Peer Mentoring**

The Peer Mentoring Program matches incoming students with second-year students to help with transitions and adjustments.

☐ **Wellness Workshops**

Workshops are offered on topics such as stress management, mindfulness, and improving resilience.

☐ **Workshops by Request**

The MSCC can provide workshops for your group or organization on many different topics. Please give us 2 weeks' notice for your request.

CRISIS SERVICES

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

After hours, the following services are available:

Community Crisis Services

319-351-0140

UIHC Psychiatry Resident On Call

319-356-1616

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

In a medical emergency **call 911** or go to a hospital emergency department.