

February 2020

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Contact Us!

Medical Student Counseling Center

- 1240 MERF
- Monday-Friday, 8:00-5:00
- 319-335-8056
- MSCC@healthcare.uiowa.edu

Doreen Thomas, MA, LMHC
Director

Chiawen Moon, MA Ed LMHC
Learning Specialist

David Towle, PhD, LP
Senior Staff Counselor

Liz Schacht, PhD, ARNP
Senior Staff Counselor

Scott Hansen, BA, MFA
Administrative Services
Coordinator

Relationships 101

Relationships can be challenging, whether you're in med school or not. But relationships can be improved and strengthened, according to the Gottman Institute's research. Among their findings they point to the importance of identifying and eliminating what they call the "Four Horsemen" of relationship communication: *criticism*, *contempt*, *defensiveness*, and *stonewalling*. Visit their website (www.gottman.com) for relationship quizzes, articles, and tips for improving your relationship.

For a timely read, check out their blog post "The Case for Celebrating Un-Valentine's Day." <https://tinyurl.com/r2zyf69>

Did you know the MSCC offers free counseling for couples? Couple counseling is available if at least one partner is a Medical or PA student. While many couples face challenges, the demands related to being in medical school can put extra stress on a relationship. Counseling can help you improve communication, resolve differences, and strengthen your relationship. Call the MSCC at 319-335-8056 or send an email to MSCC@healthcare.uiowa.edu to schedule an appointment.

MSCC Wellness Programs

The MSCC offers skill-building workshops designed for the well-being of **all CCOM Medical and PA students**. MSCC Wellness Programs are **Wellness Passport approved!**

Upcoming Workshops

- **Choosing a Specialty: Panel Discussion**—*Career Workshop*
 - Tuesday February 25, 5:15 to 6:15 pm, 2136 MERF
- **Strategies for Enhancing Resilience**—*Wellness Wednesday Workshop*
 - Wednesday February 19, Noon to 12:45 pm, 1151 MERF
- **QPR**—*Gatekeeper Training for Suicide Prevention*
 - Monday March 19, 5:15 to 6:45 pm, 1181 MERF

Workshops by Request

- The MSCC offers workshops on a variety of topics for Learning Communities and student organizations. With 2 week notice we can help you plan a wellness, mental health, academic skills, or career workshop for your group. Complete a **Workshop Request** or send an email to MSCC@healthcare.uiowa.edu.

Make an MSCC Appointment

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

Our services are **confidential, convenient and free.**

To make an appointment:

- Between 8:00 am and 5:00 pm Monday through Friday:
 - **Call the MSCC** at (319) 335-8056, or
 - **Come to the MSCC** in 1240 MERF.
- **Email MSCC@healthcare.uiowa.edu** to schedule a **regular** (non-urgent) appointment,
 - Let us know if you would like an appointment for personal, academic, career, or disability concerns and please include a preferred phone number.
 - Remember, **email may not be read immediately and confidentiality of email cannot be guaranteed. If you're sharing confidential information, please call or stop in.**
- We schedule **regular** appointments as quickly as possible, usually within a couple of days of being contacted.
- We see students on a **walk-in basis** whenever possible.
- We reserve time each day for **urgent appointments**. If you are experiencing significant distress or need assistance with a time-sensitive matter, please call us or come in and request a **same-day appointment**.

If you are experiencing an **emergency and/or have any safety concerns** (you or someone you know) during regular office hours M-F, 8AM-5PM, please call or come to the MSCC and let us know you need immediate assistance.

For emergency assistance at any time, please call the Psychiatry Resident On Call at 319-356-1616, the UI Department of Public Safety at 319-335-5022, UIHC Emergency Treatment at 319-356-2233, or 911.

Psychiatry Services

Contact the MSCC if you would like assistance in arranging *confidential* psychiatric services, such as medication or a psychiatric evaluation. We can assist you in getting timely appointments with **Dr. Elaine Himadi** and **Dr. Hristina Koleva** in the UIHC Behavioral Health Clinic or provide you with information about psychiatric services at [Student Health](#) or in the community. There is no charge to medical and PA students for psychiatric appointments with these designated providers at UIHC Behavioral Health.

Des Moines Campus Counseling Services

Medical and PA students on rotations in Des Moines can receive free, confidential counseling through the UnityPoint Health Employee Assistance Program. EAP counselors can also provide referrals to other providers in Des Moines if needed. The EAP can be reached at **515-263-4004**. Students on rotations in Des Moines or other locations can call the MSCC for consultation and/or referral resources.