

# ***Mental Health Matters!***

Medical Student Counseling Center

May 2021 Newsletter

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## **Mental Health Awareness Month**

### **You Are Not Alone**

**You are not alone** is the message from NAMI (National Alliance on Mental Illness) for this year's **Mental Health Awareness Month**.

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

### **Tools 2 Thrive**

**Mental Health America** continues its theme of Tools 2 Thrive. Download their Toolkit and check out their Fact Sheets at on their website:

<https://www.mhanational.org/mental-health-month>

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# Asian American/Pacific Islander Heritage Month

**May is Asian American/Pacific Islander Heritage Month.** The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success.

<https://asianpacificheritage.gov/>

## AAPI Resources

- Stop AAPI Hate: <https://stopaapihate.org/about/>
- AAPI mental health info: <https://adaa.org/find-help/by-demographics/asian-pacific-islanders>
- APPI mental health resources in 50 states: <https://www.naapimha.org/resources>
- Understand AAPI -PBS has free access for the 5 episodes on Asian American history in USA: <https://www.pbs.org/weta/asian-americans/episode-guide/>

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## Mentoring Program

**Current M1s: BE A PEER MENTOR FOR INCOMING M1 STUDENTS!**

Help new students acclimate to medical school and life in the university community by sharing your experience, expertise, and the knowledge you have gathered over the past year.

### **CCOM Peer Mentor Program Information:**

- Each year the MSCC organizes the CCOM Peer Mentor Program that connects rising second year students with 1 or 2 incoming first year students.
- The aim of the program is to assist new students in transitioning to medical school through building connections and fostering a sense of community.
- As matches are made, consideration will be given to common interests and stated mentorship needs (adjustment to Iowa City, academic support, social connection, etc.).
- We would love to have you serve as a peer mentor.

### **Mentors are expected to:**

- Make at least one contact with your mentees prior to their arrival on campus.
- Participate in a Meet Your Mentor event at the beginning of fall semester.
- Interact with your mentees on a consistent basis throughout their first semester and beyond.
- Let the MSCC staff know if you have suggestions, questions or concerns or if we can be supportive of you in any way.

**Sign up now at:** [Peer Mentor Registration for Fall 2021](#)

Please complete the information form by Friday, May 28th, 2021.

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### **Wellness Consultations**

Individual wellness consultations regarding **nutrition, sleep, or stress management** are available with **Liz Schacht, ARNP**. Call the MSCC at 319-335-8056 to schedule a consultation.

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## **MSCC Workshops**

## Academic Workshops

### Manage Test Anxiety

Do you feel easily distracted during tests, or sometimes your mind goes “blank”? Do you often lose sleep before exams?

Or do you have a tendency to ruminate about an upcoming test, but having a hard time getting started to prepare for it?

At this workshop we will discuss tips on managing test anxiety and perform well on your test day.

**MSCC Academic Skills Workshop: Manage Test Anxiety and Perform Your Best**

**May 10, 2021 5:30 PM-6:30PM**

**<https://uiowa.zoom.us/j/93606093733>**

**Meeting ID: 936 0609 3733**

**Please sign in with HawkID**

**Open to all Medical and PA Students.**

Please feel free to reach out if you have any questions.

## Wellness Workshops

### Burnout

Current Medical and PA students are invited!!

Please join the MSCC Wellness presentation on **BURNOUT!**

At this presentation you will learn to recognize the warning signs of burnout in yourself and how to prevent it in the future!

**May 12, 2021 5:00pm-6:00pm**

Join Zoom Meeting

<https://uiowa.zoom.us/j/96929678243?pwd=aHFLRkt1TEgzM1I4TE5pVm91R3B1Zz09>

Meeting ID: 969 2967 8243

Passcode: 701056

One tap mobile

+13126266799,,96929678243# US (Chicago)

+16468769923,,96929678243# US (New York)

**Please sign in with your HawkID**

Please feel free to reach out if you have any questions!

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## Wellness Tips

Read the latest **Wellness Tips**, as well as previous issues, on the MSCC website at:

<https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

**Wellness Tips** are sent by email each week and provide helpful advice and useful strategies for keeping yourself healthy.

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# Academic Support

Academic counseling is available to help improve your study skills, become more organized, hone your test-taking skills, and prepare for board exams. Please feel free to reach out to Chiawen Moon, Learning Specialist at [chia-wen-moon@uiowa.edu](mailto:chia-wen-moon@uiowa.edu)

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## MSCC Resource Library

We are excited to let you know that you can now reserve/hold books with your HawkID online!

1. Go to: <https://uiowamscclibrary.follettdestiny.com/>
2. On the Left side, is the “Carver College of Medicine” (blue bar), click on that and enter your HawkID and your HawkID password.
3. Click on the “Catalog” tab at top. In the “Find” box, you can search for titles, keywords etc. Example: “Anatomy”

When the book pulls up that you want: Click on the link that is the title of the book (my ex. Is: “Anatomy Flash Cards, Anatomy on the Go”)

At the top right, Click “Hold it” button.

Scott will monitor the book requests and deliver books to your mailboxes in Learning Communities.

We will also update the book titles on our ICON site.

If you have any questions, feel free to send an email [osac-mscc@uiowa.edu](mailto:osac-mscc@uiowa.edu)

In order to maintain social distancing and keep safety as a priority, the MSCC library will not be open for in-person browsing or self-checkout until further notice. The good news is that we have updated our library system and now you can ***browse our catalog online!***

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# MSCC Appointment-based Services

MSCC counselors are available for **academic, career and personal counseling appointments** by **telephone or Zoom** during office hours (8AM-5PM, M-F). Special arrangements may be made for appointments outside of regular office hours.

To schedule a **regular** (non-urgent) telephone or Zoom appointment, please call the Center (**319-335-8056**) during office hours, or email the MSCC at [osac-mscc@uiowa.edu](mailto:osac-mscc@uiowa.edu) or your counselor directly. Your counselor will confirm the appointment with you, and prior to your appointment will provide important information about telehealth sessions.

In-person regular (non-urgent) appointments may be arranged when needed. Both a face shield and face mask are required for in-person appointments due to limited space in MSCC offices. Please contact your counselor or call the Center to discuss your needs with a counselor.

In the event of an **emergency** or if you need an **urgent** appointment during office hours (8AM-5PM, M-F), please go to the Center or call **319-335-8056** and let us know you need immediate or urgent assistance.

**For emergency/crisis assistance at any time, the following resources are available 24/7:**

- **CommUnity Local Crisis Line 319-351-0140**
- **UIHC Psychiatry Resident On Call 319-356-1616**
- **UIHC Emergency Treatment Center 319-356-2233**
- **UI Department of Public Safety 319-335-5022**
- **Mercy Hospital Iowa City Emergency Care 319-339-3600**
- **National Suicide Prevention Lifeline 1-800-273-8255**

*\*Please note that staff check email regularly during office hours but email may not be read immediately and should not be used to communicate confidential information.*

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## 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 **telehealth or in-office appointments** with **Dr. Hristina Koleva** and other providers in the UIHC Behavioral Health Clinic, or provide you with information about psychiatric services at [Student Health](#) and in the community. There is no charge to medical and PA students for psychiatric appointments with the *designated providers* at UIHC Behavioral Health.

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## 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. Call the EAP at **515-263-4004** for more information.

You can also schedule **telehealth appointments with the MSCC** staff by following the guidance included above in this newsletter.

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## 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**

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