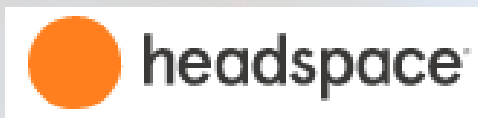


Mental Health Matters

Medical Student Counseling Center

October 2021



Free to all CCOM students!

Download it today with link in email!

Check in with your mental health!

National Depression Screening Day is *October 7th!* 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.

Take a confidential screening now!
<https://screening.mentalhealthscreening.org/hawks>

University Counseling Services support groups

Visit counseling.uiowa.edu to get started today!

★	ADHD Support Group	★
	Autism Spectrum Support Group	
	Black Student Support Group (BSSG)	
★	Chronic Health Support Group	★
	Solidarity	
★	Success, Not Excess	★

Stress in medical school



Confidentiality at MSCC

- Information from counseling sessions is treated with strict 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, are not part of UIHC records, and are not accessible to anyone outside of the MSCC

Questions please contact MSCC!



October Workshops

Mental Health: Dealing with burnout

October 13th @5pm Via Zoom
(See attached calendar for link)

Students will learn about the signs, causes, and warning signs of burnout.

Focus will also be on prevention, recovery, and how to help your peers.

<https://uiowa.zoom.us/j/99762325587?pwd=WkU2cmRzaHIPcWpWcnFzVmtxUmljQT09>

Any questions please contact
Christina Sowers at christina-sowers@uiowa.edu

**Open to all Medical and PA
students**

Careers in Medicine: The role of self- exploration in career planning

October 26th @5:30 pm via Zoom
(See attached calendar for link)

This workshop will focus on Understanding Yourself, as an important step in career development. The discussion will include approaches to incorporating self-assessment and other activities into specialty choice, career and life planning.

<https://uiowa.zoom.us/j/92571017136?pwd=M1ppVnpsdk1jZ05NanhvVjNUYnFTdz09>

Any questions please contact
Doreen Thomas at doreen-thomas@uiowa.edu

**Open to all Medical and PA
students**

Academic Skills: Manage test anxiety and improve test taking skills

October 28th @5:00 pm via Zoom
(See attached calendar for link)

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

Do you have a tendency to ruminate about an important exam, feeling overwhelmed and not sure how to get started to prepare it?

At this workshop we will discuss tips on managing test anxiety before, during and after exams. We will also discuss test taking skills for multiple choice exams.

<https://uiowa.zoom.us/j/94630561078>

Any questions please contact
Chiawen Moon chia-wen-moon@uiowa.edu

**Open to all Medical and PA
students** →

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.

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

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

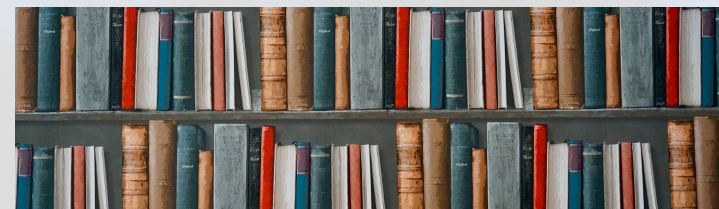
MSCC Resource Library is open for current students!!!

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://uiowamsclibrary.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.



MSCC Fall 2021 Workshops				
October				
13	Wellness Workshop	Burnout Zoom: https://uiowa.zoom.us/j/99762325587?pwd=WkU2cmRzaHIPcWpWcnFzVmtxUmljQT09	5:00-6:00 pm	Zoom
26	Careers in Medicine Workshop	The Role of Self-Exploration in Career Planning Zoom: https://uiowa.zoom.us/j/92571017136?pwd=M1ppVnpsdk1jZ05NanhvVjNUYnFTdz09	5:30-6:30pm	1117 MERF
28	Academic Skills Workshop	Test Taking Strategies and Test Anxiety Zoom: https://uiowa.zoom.us/j/94630561078	5:00-6:00 pm	Zoom
November				
11	Academic Skills Workshop	ANKI demo, flashcards, and other resources from M4 panel Zoom: https://uiowa.zoom.us/j/94815460282?pwd=YmEwKzdsVFluQThkZ0xUK0JRWWJ0dz09	5:00-6:00pm	1135 MERF
17	QPR Training	QPR – Question, Persuade, and Refer. The 3 simple steps anyone can learn to help a friend in distress. Zoom: https://uiowa.zoom.us/j/97378862389?pwd=MkQwYW9JbnB1ZXFEeU02UEUxbkRpQT09	5:00-6:00 pm	1117 MERF
December				
9	Academic Skills Workshop	Step 1 Panel and Prepare for Dedicated time Zoom: https://uiowa.zoom.us/j/97345779313?pwd=Z0s4M0JYityS1VBRVQ3Nmc1VTgzdz09	5:00-6:00 pm	1135 MERF