

Mental Health Matters!

Medical Student Counseling Center

February 2021 Newsletter

MSCC Spring Workshop Calendar

Suicide Prevention Gatekeeper Training—A QPR Workshop

February 15, 5:30-6:30 pm.

Register for the workshop and receive the Zoom link by sending an email to:
david-towle@uiowa.edu.

Effective Strategies for Coping with Stress—An Academic Skills Workshop

February 18, 5:00-6:00 pm

Zoom link: <https://uiowa.zoom.us/j/94757464898?pwd=SGtuVWd3TXEwZTNMY0c3dFIUbWI3dz09>

Meeting ID: 947 5746 4898, Passcode: 161484

Step 2CK panel (M3 students)—An Academic Skills Workshop

March 4, 5:30-6:30 pm

Zoom link: <https://uiowa.zoom.us/j/94757464898?pwd=SGtuVWd3TXEwZTNMY0c3dFIUbWI3dz09>

Meeting ID: 947 5746 4898, Passcode: 161484

Maintaining Wellbeing and Balance—A Careers in Medicine Workshop

March 9, 5:30-6:15 pm

Zoom link: <https://uiowa.zoom.us/j/94858430543?pwd=T3Y4QXR6VzM5ZWpSOG9HcW85cXFjZz09>

Meeting ID: 948 5843 0543, Passcode: 689225

Suicide Prevention Gatekeeper Training—A QPR Workshop

March 30, 5:30-6:30 pm

Register for the workshop and receive the Zoom link by sending an email to: david-towle@uiowa.edu.

Overcome Impostor Syndrome—An Academic Skills Workshop

April 1, 4:00-5:00 pm

Zoom link: <https://uiowa.zoom.us/j/94757464898?pwd=SGtuVWd3TXEwZTNMY0c3dFIUbWI3dz09>

Meeting ID: 947 5746 4898, Passcode: 161484

Choosing a Specialty: M4 Panel Discussion—A Careers in Medicine Workshop

April 13, 5:30-6:15 pm

Zoom link: <https://uiowa.zoom.us/j/94431010400?pwd=eFE0WmhNeHRLM3IEa2w0TE4rbFhIU09>

Meeting ID: 944 3101 0400, Passcode: 307333

Suicide Prevention Gatekeeper Training—A QPR Workshop

April 20, 5:30-6:30 pm

Register for the workshop and receive the Zoom link by sending an email to: david-towle@uiowa.edu.

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.

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 chiawen-moon@uiowa.edu

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://uiowamsclibrary.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

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!***

Wellness Consultations

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

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 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.*

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.

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.

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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