

Wellness at MCOM - Resources to Support



Office of Student Affairs (OSA)

OSA is trained to help students with any difficulties and stresses impacting academic success and overall wellbeing.
Contact Persons: Kira Zwygart, MD; Kabeel Dosani, PhD
Location: MDD Student Life Suite (4th floor)
Contact Emails: kkz@usf.edu; kabeeld@usf.edu
Website: health.usf.edu/medicine/mdprogram/student-affairs/wellness

Wellness Coaching for MD and DPT

Meet with a wellness coach to manage stress, time, relationships, fitness, nutrition, sleep, and more.
Contact Person: Kabeel Dosani, PhD
Contact Email: kabeeld@usf.edu

My Student Support Program (My SSP)

My SSP is a free and confidential mental health and wellbeing support service available to you 24/7. My SSP includes video counseling, 24/7 chat and phone support, and a variety of other great resources. Download the App or visit myssp.app/us/home.

TimelyCare 24/7 Virtual Mental Health Care

TimelyCare is a free and confidential mental health support service providing 24/7 on-demand emotional support, scheduled counseling, health and lifestyle coaching, and self-care content. Download the App or visit app.timelycare.com/auth/login.

Academic Support Center (ASC)

ASC is available to students with any academic concerns.
Contact Persons: Pamela O'Callaghan, PhD; Chantae Ciceron, PhD
Location: MDD Student Life Suite (4th floor)
Contact Emails: pocallag@usf.edu; chantaec@usf.edu
Website: health.usf.edu/medicine/mdprogram/academic-support-center

Peer Support Network

Group of upperclassmen trained to provide support and guidance to all MCOM MD students. Meet the PSN! Visit health.usf.edu/medicine/mdprogram/student-affairs/wellness
Contact Email: mcompeers@gmail.com

USF Health Office of Student Engagement and Wellness

Provides holistic wellness support for students and connects them with resources across the USF Campus.
Contact Person: Olivia Brennan, MEd
Location: The WELL at USF Health
Contact Email: omoon@usf.edu
Website: health.usf.edu/well/student-engagement-wellness-programs

Headspace Premium

USF MCOM MD students have free access to Headspace Premium. With hundreds of guided exercises for meditation, sleep, focus, and movement, Headspace can help you to start and end your days feeling like your best self. To get started, visit this website to enroll: work.headspace.com/universityofsouthflorida/member-enroll

MCOM Student Affairs Instagram

Stay connected with us on social media! Follow us on Instagram at [@mdstudentlife_mcom](https://www.instagram.com/mdstudentlife_mcom).

Counseling Center

USF Counseling provides free, confidential individual and group psychological services (in-person/telehealth) for all USF students to care for personal or emotional problems.
Location: USF Main Campus (SVC 2124)
Contact Number: (813) 974-2831
Website: usf.edu/student-affairs/counseling-center/

Individual Career Advisor

MD Career Advisors provide career guidance and advice to students of a designated USF Health Collegia.
Contact Persons: Erica Sachs; Antoinette Spoto-Cannons, MD
Contact Emails: ericasachs@usf.edu; asptoc@usf.edu
Website: health.usf.edu/medicine/mdprogram/careeradvising

HELPS (Health Enhancement for Lifelong Professional) Students Program

The HELPS Program is a free and confidential resource for medical students, family members, and significant others.
Contact: Wood & Associates
Location: 4700 North Habana Avenue, Suite 300, Tampa, Florida 33614
Contact Number: (813) 870-0184
Website: woodassociates.net/RAP/rap.aspx

Office of Student Diversity and Enrichment (OSDE)

OSDE is trained to assist students with all concerns, particularly issues of discrimination or marginalization that may impact their academic success and/or social adjustment to medical school.
Contact Number: (813) 396-9944
Contact Persons: Shirley B. Smith, MA; Kevin Casey, MEd
Contact Emails: shirleys@usf.edu; kevinicasey@usf.edu
Website: health.usf.edu/medicine/mdprogram/diversity

USF Ombuds Office

Confidential, impartial, independent, and informal resource for students who have encountered university-related issues and concerns.
Location: USF Main Campus (ALN 191)
Contact Number: (813) 974-0835
Contact Email: ombuds@usf.edu
Website: usf.edu/student-affairs/ombuds

USF Student Health and Wellness Center

The Student Health and Wellness Center provides confidential support services including psychiatry and case management to evaluate your emotional needs, treat mental health conditions, prescribe medication if needed, and provide counseling utilizing brief therapy techniques to improve your well-being.
Location: 12530 USF Bull Run Drive; Satellite location: CAMLS
Contact Number: (813) 974-2331
Website: usf.edu/student-affairs/student-health-services/

Center for Victim Advocacy

Provides free and confidential services to USF students who have experienced crime or violence on- or off-campus by promoting the restoration of decision making, advocating for their rights, and by offering support and resources.
Location: USF Main Campus (SVC 2057)
Contact Number: (813) 974-5756; Victim Helpline: (813) 974-5757
Contact Email: va@usf.edu
Website: usf.edu/student-affairs/victim-advocacy/

It's Ok Not to Be Ok.
These resources are here to help!