

Well-Being Resource Guide for Geisel Students

Supporting student growth and development into
happy and healthy physicians

Created by the Student Affairs Office



Dartmouth
GEISEL SCHOOL OF MEDICINE





This Well-Being Resource Guide intends to promote well-being and community among Geisel students, M1-M4. Our students’ mental health and well-being are paramount. The Student Affairs team’s work with the students spans a broad range of topics: career exploration and advising, personal concerns and support, student life, and the transition to the rigors of medical school, just to name a few.

Please contact us if you know of a resource or topic that you would like to see included.

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Geisel's Map of Where to Turn



Mental Health

- ▶ [Geisel Counseling Services](#) 603-653-0045
- ▶ Call or walk-in to the [Counseling Center at Dick's House](#) 24/7 365 days a year, 603-646-9442
- ▶ Talk with a trusted advisor (Coaches, Associate Deans, On Doc facilitators, SNAP Reps, etc.)
- ▶ Call the Dean-On-Call 24/7



Learning Environment /Mistreatment

- ▶ Talk with the Office of Student Affairs, DICE Office, any associate Dean and course director.
- ▶ [Learning Environment Reporting](#)



Sexual Misconduct

- ▶ Look into [Get Help Now](#) resources on [Sexual Respect website](#)
- ▶ Report through [EthicsPoint](#) or [BIRT](#)
- ▶ Report to [Title IX Coordinator](#)



Learning Challenges

- ▶ Talk with Dr. Lyons (Years 1 & 2) or Dr. Dick (Year 3 & 4)
- ▶ Reach out to Dr. Eidtson for [Learning Support](#) and/or [Student Accessibility Services](#)
- ▶ Talk with a trusted advisor



Medical Issues

- ▶ Visit [Dick's House](#)
- ▶ Talk with an Associate Dean and/or fill out Dick's House anonymous feedback form for guidance on what to do
- ▶ For fiscal health issues, speak with Financial Aid



Spiritual Support

- ▶ Reach out to [The Tucker Center](#) for spiritual counseling and/or to join a faith-based special interest group
- ▶ Speak with the Tucker Center's Chaplain Nancy Vogele

Important Campus Numbers

- Associate Dean of Student Affairs: 603-650-1509
- Director of Student Affairs: 603-650-1243
- Dr. Lyons: 603-650-1745
- Dr. Dick: 603-650-8802
- Director of DICE: 603-650-1553
- Geisel Counseling Services 603-653-0045
- Student Affairs Staff: 603-650-1509
- Safety & Security: 603-646-4000
- Counseling Center / Dick's House: 603-646-9442
- Learning Support: 603-650-1604
- Student Accessibility Services: 603-650-1125
- Title IX Coordinator: 603-646-0922
- Tucker Center / Rabbi Litwin: 603-646-3780



State and National Crisis Phone Numbers



<p>National Suicide Prevention Lifeline (800) 273-TALK (8255)</p>	<p>The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p>
<p>National Sexual Assault (RAINN) Hotline (800) 799-7233</p>	<p>The National Sexual Assault Hotline is a safe, confidential service. When you call the hotline, only the first six numbers of the phone number are used to route the call, and your complete phone number is never stored in the system.</p>
<p>National Domestic Violence Hotline (800) 799-7233</p>	<p>Reach advocates 24/7/365 to get support. No names, no fees, and no judgment. Just help.</p>
<p>Love is Respect (866) 331-9474</p>	<p>National dating abuse helpline.</p>
<p>Substance Abuse and Mental Health Services Administration (800) 662-HELP</p>	<p>Confidential, free, 24/365 information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.</p>
<p>NH Statewide Addiction Crisis Line (844) 711-HELP (4357)</p>	<p>Confidential, 24/7, judgement free. Trained counselors available to listen and help individuals struggling with addiction or substance use take the next steps that are right for them.</p>
<p>Poison Control (800) 222-1222</p>	<p>Poison Control Centers provide poison expertise and treatment advice by phone. Poison centers are staffed by pharmacists, physicians, nurses and poison information providers who are toxicology specialists.</p>
<p>Veteran's Crisis Line Call 800-273-8255 & press 1</p>	<p>You're not alone—the Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call.</p>
<p>Crisis Text Line- Text HOME to 741741 for free 24/7 support</p>	<p>Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.</p>

Geisel Dean On Call



The Dean on Call rotates monthly. You can find the Dean on Call schedule on the Student Affairs [website](#) and the [Student Handbook](#).

Contact information:

Taryn Weinstein, Ed.D. Director of Student Affairs
Office: 603-646-5600, Cell/Home: 516-225-6355

Terri Eastman, M.Ed. Director of Pre-Clinical Education
Office; 603-646-5888, Cell/Home: 603-620-5009

Alison Ricker, M.S. Director of Clinical Education
Office: 603-646-5590, Cell/Home: 802-291-3561

Community Based Resources



ALL Together	ALL Together is a VT/NH community resource for prevention, treatment, recovery and advocacy of substance misuse and suicide.
Hanover Psychiatry (603) 277-9110	Psychiatric and psychological practice service the Upper Valley.
Marcia Herrin, EdD, MPH, RD, LD (603) 643-7677	Dr. Herrin is the founder of the Dartmouth College Eating Disorders, Prevention, Education and Treatment Program. She runs a private practice specializing in children and adults with weight issues and eating disorders.
Substance Use Treatment in the Upper Connecticut River Valley Consumer's Guide	This guide will help you to find treatment services for people whose alcohol and other drug use is negatively affecting their lives.
WISE (866) 348-WISE	WISE provides advocacy, crisis services, and community education to those affected by domestic and sexual violence and stalking throughout the Upper Valley region of New Hampshire and Vermont.

Websites and Apps

AAMC MEdEd PORTAL	<p>Search for “wellness” or “burnout” and published curricula which includes downloadable materials that can be implemented or adapted for your use</p> <ul style="list-style-type: none"> • Negotiating Work-Life Integration • Early Detection and Intervention for the Stressed Resident • Building Resilience for Wellness: A Faculty Development Resource • A Curriculum to Foster Resident Resilience
AAMC Wellbeing in Academic Medicine	<p>Website that includes articles on physician well-being, ways to get help, and links to programs and courses involved in well-being.</p>
APA Well-Being Resources	<p>Website which includes links to TED talks related to burnout, a resilience app, and an online self-assessment, as well as links to other resources</p>
Dartmouth College Health Service – Guides	<p>Dartmouth: Guide to Understanding Depression Dartmouth: Guide to Stress Management Dartmouth: Guide to Grief & Loss Dartmouth: Guide to Tragedy</p>
Mindful.org	<p>Mindfulness website dedicated to inspiring, guiding, and connecting those who want to explore mindfulness</p>
Mindfulnet	<p>Everything you need to know about mindfulness on one website</p>
HeartMath	<p>Science-based technology and programs for taking charge of your life, proven to help reduce stress and anxiety by increasing inner balance and self-security</p>
Naturespace	<p>Sleep/rest app with sonic therapy for anxiety and stress relief</p>

Headspace	Meditation app
The Mindfulness App	Mindfulness app
Mindshift App	CBT/ Mindfulness app
Calm App	Meditation and sleep app
Happify App	Activities, Games, & Meditation app
Take a Break! Meditations App	Stress relief, relaxations and meditation app
Stress Relief Affirmations App	Relaxing affirmations, meditations, etc. app
Optum Behavioral Health Attaining Personal Empowerment	Toolkits for addiction recovery, family recovery/resilience, general recovery/resiliency/empowerment and journaling
How Stress Hurts	Information from Mental Health America on how stress can impact physical and mental health

Publications, Articles & Podcasts



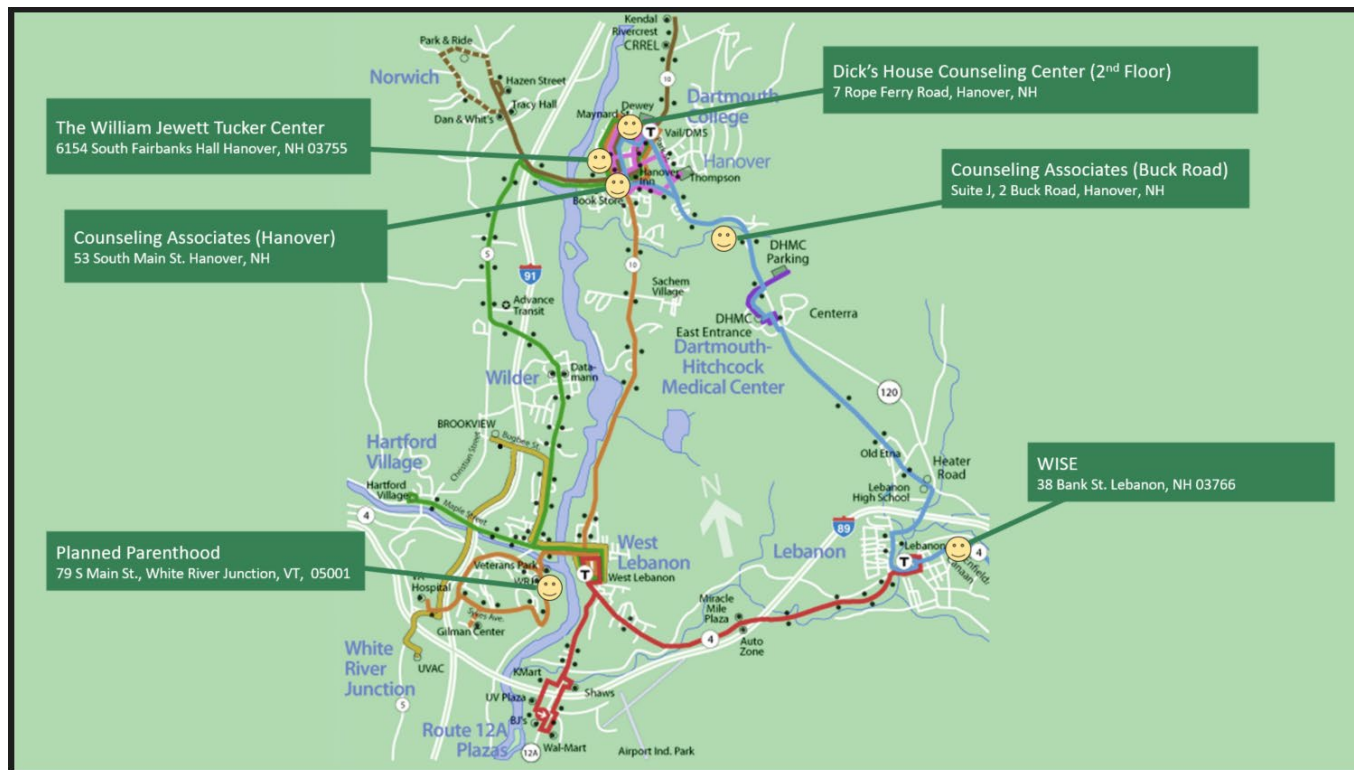
https://www.positivityblog.com/overcome-negative-thoughts/	Easy to read list of tips to help with negative thoughts
https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950	Mayo Clinic article on positive thinking and ways to reduce negative self-talk
https://psychcentral.com/health/how-to-get-through-hard-times	Psych Central article with list of 10 tips and advice to help with mental health challenges
https://www.mhanational.org/31-tips-boost-your-mental-health	Mental Health America article - easy to read, short suggestions on how to boost your mood
https://www.aamc.org/news-insights/reducing-stigma-faculty-speak-out-about-suicide-rates-among-medical-students-physicians	AAMC Article - Reducing the Stigma: Faculty Speak Out About Suicide Rates Among Medical Students, Physicians
https://pubmed.ncbi.nlm.nih.gov/26934693/	PubMed article on "Burnout and Alcohol Abuse/Dependence Among U.S. Medical Students"
https://newsnetwork.mayoclinic.org/discussion/medical-students-burnout-and-alcohol/	Mayo Clinic article "Medical Students, Burnout and Alcohol"
https://www.physiciansweekly.com/study-around-1-in-3-med-students-abuse-alcohol/	Physician's Weekly article on "Study: Around 1 in 3 Med Students Abuse Alcohol"
https://jesslively.com/livelyshow/	Podcast that focuses on positive consciousness with <i>intention</i> and <i>intuition</i> as the two key concepts to her uplifting message
https://www.lifeisamarathon.com/	Podcast about experiencing tragedy and yet emerged strong and prosperous. If you are someone living through dark and difficult days, listen to this podcast
https://gretchenrubin.com/podcasts/	Gretchen Rubin is better known as the best selling author of <i>The Happiness Project</i> and <i>Better than Before</i> . Now she shares the same engaging everyday wisdom that put her on the map in this delightful podcast .

https://redcircle.com/shows/inspirational-living	Need a free online life coach? Look no further than the most motivational self-help authors of the past. If you want to dive deep into transcendentalism, positive conscious transformation, and have a mind meld with the great spirits of the ages, you will love this podcast
https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings	Guided Audio Recordings from the Student Wellness Center
https://www.apa.org/news/press/releases/stress/2013/sleep	American Psychological Association article on stress and sleep
https://blogs.einsteinmed.org/a-sleep-doctors-rx-for-medical-students-and-the-walking-exhausted/	Albert Einstein College of Medicine article on "A Sleep Doctor's Rx for Medical Students and the "Walking Exhausted"
https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need	Sleep Foundation article "How Much Sleep Do We Really Need?"
https://calmlife.squarespace.com/sunday-night-sleep-troubles/	Calm app article about amount of sleep per night and how to find better sleep
https://www.mentalfloss.com/article/70288/pod-city-10-podcasts-help-you-sleep	List of podcasts to help with sleep

Yoga Studios, Gyms & other spaces



Mighty Yoga	Studio in Hanover, NH
Hanover Yoga	Studio in Hanover, NH
Upper Valley Yoga	Studio in White River Junction, VT
The Studio	Studio in White River Junction, VT
River Valley Club	Gym in Lebanon, NH
CCBA	Gym in Lebanon, NH
Anytime Fitness	Gym in West Lebanon, NH
Upper Valley Aquatic Center	Gym and pool in White River Junction
Open Door Integrative Wellness	Acupuncture, bodywork, counseling, nutrition, personal training, PT, etc
Orange Blossom Wellness	Ayurveda, Yoga, PT



Counseling Associates = Geisel Counseling