## Medical Student Wellness Resource List

<table>
<thead>
<tr>
<th>TYPE OF CONCERN</th>
<th>RESOURCES</th>
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| Advice about where to seek help or general wellness concerns including: Health (incl. disability), housing, relationships, finances, judicial and legal matters, professionalism, mistreatment | Office of Medical Student Wellness  
Main office: 650-497–5846; somwellness@stanford.edu  
Rebecca Smith-Coggins: Pager 1-3481; smithcog@stanford.edu |
| Academic Concerns                                                              | School of Medicine Education Specialist Lisa Medoff  
650-721-1025; lmedoff@stanford.edu  
Advising Deans  
http://med.stanford.edu/md/advising/resources/  
• Neil Gesundheit: neil7@stanford.edu  
• Susan Knox: sknox@stanford.edu  
• Amy Ladd: alad@stanford.edu  
• Eric Sibley: eric.sibley@stanford.edu |
| Clinical & Professional Skills                                                 | Educators-for-CARE Faculty http://med.stanford.edu/e4c/ |
| Dispute Resolution                                                            | School of Medicine Ombudsperson James Laflin  
http://med.stanford.edu/ombuds/  
650-498-5744; jlaflin@stanford.edu |
| Diversity and Inclusion                                                        | Center of Excellence and Diversity in Medical Education  
http://med.stanford.edu/coe/  
coeoutreach@stanford.edu |
| Financial Concerns                                                             | Office of Financial Aid  
650-723-6958; md_financial_aid@stanford.edu |
| Infectious Exposures                                                           | Needlestick Hotline  
If you are stuck by a needle or splashed with bloody fluid, rinse copiously and call the hotline 24/7/365 from all hospital sites. Pager 1-STIX (1-7849).  
If in SHC/LPCH, dial 222 and then follow the prompts to page.  
If in SCVMC, PAVA, or Cardinal Free clinics, dial 650-723-8222 and then follow the prompts to page.  
** Use the Needlestick Hotline for all other infectious exposures (e.g pertussis) |
| Mental Health                                                                  | Counseling and Psychological Services (CAPS)  
http://caps.stanford.edu/  
650-723-3785 |
| Physical Health                                                                | Medical Care @ Vaden Health Center  
http://vaden.stanford.edu/  
650-498–2336 |
| Physician Wellness                                                             | Stanford Committee for Professional Satisfaction and Support  
http://wellmd.stanford.edu |
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<tr>
<th>Spiritual Support</th>
<th>Office of Religious Life <a href="http://religiouslife.stanford.edu">http://religiouslife.stanford.edu</a> 650-723-1762; <a href="mailto:religious-life@stanford.edu">religious-life@stanford.edu</a></th>
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| Sexual Assault or Interpersonal Violence | Office of Sexual Assault & Relationship Abuse Education & Response (SARA) [http://studentaffairs.stanford.edu/sara](http://studentaffairs.stanford.edu/sara) 650-725-9129; saraoffice@stanford.edu  
National Domestic Violence Hotline (24/7 confidential support) 800-799-7233; [http://www.thehotline.org](http://www.thehotline.org) |
| Sexual Harassment | Sexual Harassment Policy Office [http://harass.stanford.edu](http://harass.stanford.edu) 650-724-2120 or 650-723-1583; harass@stanford.edu |
| Substance Use and other Addictions | Stanford Addiction Medicine Program Anna Lembke 650-725-9570; alembke@stanford.edu  
Casa Columbia [http://www.casacolumbia.org](http://www.casacolumbia.org) |