

Health Care Services

As a NSCAD University student, you are insured up to certain amounts, whether you are a domestic student, an international student, or have opted out and are using a family member's plan. Check the online information for your plan for detailed information. Typically, as a domestic or international student, you may be able to claim up to \$1000 per year in private psychological counselling services.*

NSCAD Students are encouraged to access student centred health services at St. Mary's University.

Saint Mary's University Student Health Services

Room 431, 4th Floor, Student Services Building, 923 Robie Street, Halifax, NS

SMU Student Health Services will do everything possible to keep students healthy, to be supportive and to treat illness and injuries quickly so that class absences can be kept to a minimum. Education, including knowledge of current health issues, testing and counseling are available at Student Health Services to help students reach their optimum potential. Call 902-420-5611 for an appointment. For emergencies, Jane Collins, the Nurse Manager can be reached at 471-8129.

In addition, especially for students planning to stay in Halifax after graduation who would like a local physician, the Nova Scotia Government website has a list of Doctors who are accepting new patients: www.gov.ns.ca/health/physicians.

For students seeking mental health services, it is recommended that you see a local physician and get a referral to a local psychologist, the Early Psychosis Program (<http://earlypsychosis.medicine.dal.ca/>), or the Bayers Road Community Mental Health Clinic (<http://www.cdha.nshealth.ca/mental-health-program/programs-services/community-mental-health-services>). As well, St. Mary's University Student Health Services has access to a psychiatrist.

PSYCHOLOGISTS

On-site Counselling

NSCAD University is in the process of adding a new counsellor to our Office of Student Experience staff this September. Further information will be provided as arrangements are finalized, but it is planned for this person to do office hours at both the Port and Fountain campuses each week. Appointments with this counsellor can be booked through the Office of Student Experience at (902)494-8260.

NSCAD's Peer Support Program offers one-on-one peer support in the evenings in Room G227.

Peer Support is one of the most effective strategies for individuals living with mental illness who are trying to maintain their mental health in a stressful academic environment, and even for students without a diagnosis of mental illness who are encountering less than functional mental health due to the stresses of school, relationships, being away from home, etc.... The Peer Mentors have lived experience with mental illness and are current NSCAD students, putting them in an ideal place to serve as positive examples for students coping with mental health problems or having difficulty adjusting to life at NSCAD.

Dr. Maureen Gorman Psychological Services 33 Ochterloney St., Suite 145, Dartmouth, NS (Quaker Landing Bldg)

With over 30 years of experience working in hospital, mental health, university counselling, and volunteer sector settings, Dr. Gorman offers an eclectic approach to helping you help yourself. Her areas of expertise include depression, anxiety, grief, adjustment, coping, chronic pain & illness, stress & trauma, work issues, caregiver issues, life transitions, relationships, and disruptive behaviour. Students can refer themselves for counselling directly.

Call or email for appointments: 902-441-1292 - maureengorman31@eastlink.ca - Monday to Saturday

* Dr. Gorman's office may be able to bill your insurance provider directly.