



Keck School of Medicine Medical Student Wellbeing Resources Academic Year 2024-2025

1. Medical Student Wellbeing Program ([website](#))

Dr. Chantal Sheridan, Associate Dean for Learner Wellbeing, chantal.sheridan@med.usc.edu

Dr. Maria Juliani, Director of Medical Student Wellbeing, maria.juliani@med.usc.edu

- Working to develop curriculum, programs, and policies to improve student well-being. Available for **confidential visits to discuss any concern** including consultations and referrals for mental health care for medical students. We do not provide psychotherapy or crisis care.
- Take a free mental health screening where you can message with us anonymously [here](#).
- Speak to an on-call counselor 24/7 by calling student health at (213) 740-9355.

2. Learning Enhancement and Academic Development (LEAD) ([website](#))

Dr. Ranna Nash, Assistant Dean, Student Development, ranna.nash@med.usc.edu

Dr. Melissa Lopez, Assistant Director, Academic Support Services, lopezms@usc.edu

- **Academic counseling:** improve learning strategies, get resources, create study schedules
- **One-on-one tutoring and group review** sessions with upper-class students available
- Learning assessments to help everyone learn more efficiently
- Academic Success workshops for Step 1, Step 2, and shelf exams

3. Occupational Therapy Lifestyle Redesign Program ([website](#))

In-person services on HSC are at 1640 Marengo St, Suite 500. Telehealth options available. To schedule an appointment at either location, email the front desk at oftp@med.usc.edu, call (323) 442-3340, or schedule a 60-minute intake or a free 15-minute "Life Check" consultation through the [MySHR portal](#).

- **OT clinicians provide individualized coaching sessions** that focus on creating healthy routines, improving time management, enhancing motivation and performance, reducing procrastination and time-wasting, and self-managing any health conditions.
- Covered by Aetna Student Health insurance with \$15 co-pay per session. Other insurances vary.
- You may need a referral from your counseling or medical provider at USC Student Health.

4. Keck Peer Support

A confidential, student-run group that provides:

- **1:1 peer support:** By request, students are connected to compatible, trained peer supporters for confidential 1:1 supportive meetings.
- **Monthly Keck Check-Ups:** Anonymous questions are answered by peer counselors and emailed out in a PDF newsletter. Submit your questions or requests for advice:
- Email KPS directly at keckps@gmail.com

5. Physical Fitness

Keck students can access these facilities by activating their free membership [online](#):

- [HSC Fitness Center](#) on HSC Keck campus
- [Lyon Center](#) and [USC Village Fitness Center](#) located on UPC main campus
 - "GroupEx Classes" including cycling, dance, HIIT, pilates available at USC Village Fitness Center with a Workout Pass (\$140/semester)
 - [Uytengsu Aquatics Center](#) on UPC adjacent to the Lyon Center

6. Office of Student Accessibility Services (OSAS) ([website](#))

Kim Nguyen, Associate Director of Clinical & Professional Programs, knguyen9@usc.edu

- Provides support and accommodations for **students with disabilities** in a variety of settings including classroom, clinical settings, and exams

7. **USC Student Health at the Eric Cohen Student Health Center** ([website](#)) To book appointments visit the [MySHR portal](#) or call (213) 740-9355

Physical Health Services at no cost (even if you waived the student health insurance):

- Primary Care + Specialties including ob-gyn, dermatology, dietician, physical therapy
- Lab tests including basic metabolic panel, CBC, mono-spot, pregnancy test, rapid strep, urinalysis, travel clinic consult, PPD skin test, blood borne pathogen exposure test and prophylaxis, COVID vaccine, COVID testing

Mental Health Services at no cost (even if you waived the student health insurance):

- Brief counseling is offered in both virtual and in-person formats.
- Counselors with expertise are available for BIPOC and queer students.
- Psychiatric medication services are available.
- [Psychiatry & Behavioral Health Services clinical practice](#) and other private options are available for longer-term therapy, using your insurance – discuss with Dr. Maria Juliani.
- **On-call counselor available 24/7** – call (213) 740-9355 and ask to speak with a counselor

8. Fiscal Health

- **Financial Aid:** Richard Amador, Associate Director, Financial Aid Outreach, ramador@usc.edu
- **Scholarships:** Colette Gauthier, Student Services Assistant, Colette.Gauthier@med.usc.edu
- **General inquires:** Anthony Tritto, Director of Student Affairs, Anthony.Tritto@med.usc.edu

9. Spiritual Health: Office of Religious and Spiritual Life ([website](#))

Rev. Brandon Harris, Associate Dean, bharris5@usc.edu, (213) 740-6110

- Community for students of **any faith (or no faith)**
- [MindfulUSC](#): Wide variety of **mindfulness and self-compassion** classes
- [YogaUSC](#): In-person and virtual classes in a variety of styles are available on UPC at the Village Fitness Center with a Workout Pass (\$140/semester)

10. Office of the Ombuds ([website](#))

Tom Kosakowski, JD, (323) 442-0341, hscombuds@usc.edu

- An impartial, safe resource to voice concerns about the learning environment, upsetting interpersonal reactions with faculty or peers, or to request mediation for conflictual relationships

11. Additional Resources

- USC Department of Public Safety (DPS): 213-740-4321 (emergency), 213-740-6000 (routine) (to use when you or a colleague needs a safe transport)
- Relationship & Sexual Violence Prevention + Services (24/7): 213-740-9355
- Los Angeles General Medical Center SAFE Committee 24/7: (323) 409-LINE (to report incidents involving residents)
- Justice through Equity, Diversity, Inclusion, Well-being, & Social Transformation ([website](#))
- Center for GEMS, Gender Equity in Medicine and Science, gems@med.usc.edu ([website](#))
- National Suicide Prevention Lifeline: 800-273-8255, available 24/7
- Crisis Text Line: text TALK to 741-741, available 24/7
- **For any mental health emergency, call 988** (the new 911 for mental health)

12. Office of Student Affairs

Deans are available via email to discuss any concern with students at any time:

Dr. Price-Johnson: tanisha.price-johnson@med.usc.edu, Dr. Zia: stephanie.zia@med.usc.edu

Deans-on-call (24/7): Contact a dean in urgent/emergency situations at any time after business hours (after 5 pm Mon-Thurs, after 4 pm Friday, and all day on weekends/holidays) at (323) 442-2553. The dean on call will be paged by the call service and will return your call in less than 30 minutes.