



TYPE OF CONCERN	RESOURCES
Advice about where to seek help or general wellness concerns including: <ul style="list-style-type: none"> • Health (incl disability) • Housing • Relationships • Finances • Judicial and legal matters • Professionalism • Mistreatment 	Office of Medical Student Wellness http://med.stanford.edu/md/student-life/student-wellness.html <ul style="list-style-type: none"> • 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/ <ul style="list-style-type: none"> • 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/ <ul style="list-style-type: none"> • Preetha Basaviah, pree@stanford.edu • Sumit Bhargava, sumitb@stanford.edu • Martin Bronk, mbronk@stanfordmed.org • Bertha Chen, bchen@stanford.edu • Jeffrey Chi, jchi1@stanford.edu • Doug Fredrick, dfred@stanford.edu • Julieta Gabiola, jgabiola@stanford.edu • Paula Hillard, paula.hillard@stanford.edu • John Kugler, jkugler@stanford.edu • Lars Osterberg, larso@stanford.edu • Julie Pantaleoni, juliep11@stanford.edu • Peter Pompei, pompei@stanford.edu • Debbie Sakai, dsak1@stanford.edu • Erika Schillinger, erikas@stanford.edu • Jacqueline Tai, jstai@stanford.edu • Nounou Taleghani, nounou@stanford.edu • Mickey Trockel, trockel@stanford.edu
Financial Concerns	Office of Financial Aid http://med.stanford.edu/md/financial-aid.html



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	650-723-6958; md_financial_aid@stanford.edu
Dispute Resolution	School of Medicine Ombudsperson James Lafin http://med.stanford.edu/ombuds/ 650-498-5744; jlafin@stanford.edu
Diversity and Inclusion	Center of Excellence and Diversity in Medical Education http://med.stanford.edu/coe/coeoutreach@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). <ul style="list-style-type: none"> • 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.
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
Spiritual Support	Office of Religious Life http://religiouslife.stanford.edu 650-723-1762; religious-life@stanford.edu
Sexual Assault or Interpersonal Violence	Office of Sexual Assault & Relationship Abuse Education & Response (SARA) http://studentaffairs.stanford.edu/sara



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	650-725-9129; saraoffice@stanford.edu National Domestic Violence Hotline (24/7 confidential support) http://www.thehotline.org 800-799-7233
Sexual Harassment	Sexual Harassment Policy Office 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

If you have suggestions for additional resources to add to this list, email Roxana Farias (roxanaf@stanford.edu) in the Office of Medical Student Wellness.