

Office of Student and Resident Wellness

The Office of Student and Resident Wellness is led by [Dr. Maggie Rea](#), with the mission to help our students achieve and maintain optimal physical and emotional health. An essential aspect of becoming a doctor is learning to take care of one's own health, thus allowing you to be the best healers you can be to your patients. The wellness skills learned during the formative years of medical school will help our students continue to grow personally and professionally over long careers as practicing physicians.

Programming and Resources Include:

- Serving as a triage point for wellness difficulties that may arise during medical school years
- Identifying and overseeing mental health and well-being resources
- Providing educational wellness events and programming
- Integrating wellness within the educational curriculum

Wellness Resources by Year

Program	MS1	MS2	MS3	MS4
Office of Student and Resident Wellness	X	X	X	X
Mental Health Services	X	X	X	X
Heart of Medicine Support group	X	X		
Step 1 Support Group		X		
Drop-in Support Sessions	X	X		
Wellness Rounds			X	
Mental Health Self-Screening Tools	X	X	X	X
Monthly Wellness emails	X	X	X	X
Wellness Weekend	X	X	X	X
Faculty Student Dialogues	X	X	X	X
Wellness workshop on topics such as stress management, impostor syndrome	X	X	X	X
Therapy Dogs	X	X	X	X
Partners in Medicine	X	X	X	X
Pre-Mat	X			
Orientation	X			
Transition to Clerkship			X	
Transition to Residency				X
Intersession	X	X		
UC Davis Campus Health and Wellness Support	X	X	X	X
Healthy UC Davis Resources	X	X	X	X
UC Living Fit Forever	X	X	X	X
Child Care Resources	X	X	X	X
Student Disability Center	X	X	X	X
Student Disability Center	X	X	X	X
Center for Advocacy, Resources & Education (CARE)	X	X	X	X

Your Wellness Team:

- Pilar Gonzalez-Doupe, Ph.D.
- Stephen Simonson, Psy.D.
- TBN
- [Maggie Rea, Ph.D.](#)