Medical Student Mental Health and Wellness Services at the University of Toledo:

**Health Science Campus Student Health and Wellness Center:**
Ruppert Health Center Lower Level Suite 0013
Phone: 419-383-3777

Psychiatrist: Dr. Amy Riese, M.D. (Amy.Riese@utoledo.edu)
Clinical Counselor: Carol A. Starner, M.A., L.P.C.C
Medical Assistant: Jamia Johnson (Jamia.Johnson@utoledo.edu)

Hours for Mental Health Services:
- Psychiatry: Tuesday 9:30 AM-2:30 PM
- Counseling and Therapy: Monday and Thursday 12:00 PM-5:00 PM

If you are having difficulty scheduling an appointment, please email Jamia at Jamia.Johnson@utoledo.edu.

Medical students do not need to be referred and can schedule their own appointments. Moreover, Dr. Riese and the counselors do not teach or grade medical students.

**Main Campus Medical Center:**
1735 W. Rocket Dr.
The Main Campus Medical Center (MCMC) is located on the southwest side of Main Campus between the Law School and Rocket Hall, and across from Academic House and International House.
Phone: 419-530-3451

Additional psychiatry and counseling services are available on Main Campus and appointments can be made by calling 419-530-3451. Medical students are NOT required to have an intake consultation.

**Harbor Symmetry Wellness:**
Additional counseling appointments are available at Harbor Symmetry Wellness Monday through Friday by calling 419-475-5338 or 1-800-422-5338. They have various locations throughout Toledo and UTCOM students are able have three visits per issue (i.e. three visits for depression; three visits for anxiety etc.). There is also 24/7 crisis support which can be reached at 419-475-5338.

**24/7 Crisis Support Numbers:**
- Call 911 or visit any Emergency Room
- Harbor Symmetry Wellness at 419-475-5338
- Call the UTCOM operator at 419-383-4000 and ask to speak to the on-call psychiatry resident
- Rescue Crisis at 419-255-9585