



Welcome to NOLA Guide

UQ-Ochsner MD Program
2026 Edition



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2026 Phase II Academic Calendar

2026 ACADEMIC CALENDAR																																												
UQ DOCTOR OF MEDICINE / DOCTOR OF MEDICINE (OCHSNER)																																												
UGMD																																												
Week Commencing	UQ	Year 1 MED17100	Year 2 MED17200	Year 3 MED17300	Year 4 MED17400	Year 3 (Teach-Out Program)		Year 4 (Teach-Out Program)																																				
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Welcome to NOLA Guide

We are so excited to welcome you to Phase II at the Ochsner Clinical School!! Congratulations on completing your first two years of medical school! This is no easy feat, and it is time to move on to the clinical aspects of medical education!

This is what you have been working hard for, and trust us when we say that all the medical knowledge you gained in your first two years will come in handy in surprising ways. Seeing medicine in action and participating in real patient care is incredibly rewarding!

This guide is provided to you by the Ochsner Medical Student Association (OMSA) with help from current and past students and faculty at the Ochsner Clinical School in New Orleans. OMSA is the representative body for UQ-Ochsner Medical Students in Australia and the United States. OMSA's mission is to connect, inform, and advocate. OMSA advocates for UQ-Ochsner students through policy, program development, and representation to faculty, staff, and the community.

Phase II Contacts:

If you have any questions or concerns during your Phase II education, please email administration at med.ocsStudentAdmin@uq.edu.au.

You can also contact any OMSA officer. Refer to the OMSA website for updated contact information at www.ochsneromsa.org.

You can also always contact your upper year mentor with any questions as they arise throughout the year. We understand this is a new experience and were just in your shoes so don't hesitate to reach out. If you have issues contacting/hearing back from your assigned mentor, reach out to OMSAliaison@ochsner.org who will be happy to find you someone else willing to help.

Weather

The sun is not as brutal in New Orleans as it is in Brisbane. However, the summers are HOT, and the humidity is typically very high (commonly in the 90-100% range!). Rain is never far off, and sudden heavy rainfall can come unexpectedly.

Winter (November – March):

- low of 40-45F overnight, high of 65-70F by afternoon. The temperature rarely falls below 35 at night, or below 55 past mid-morning, though it can reach freezing overnight from time to time in December. The relatively high humidity makes it feel even colder. We even had a few record-breaking snow days this past year!

Spring (March – May):

- low of 55-60F overnight, high of 75-80F by afternoon. The humidity creeps up, and temperatures start to rise. This is also a great time of year for outside events, though it can get very warm very early in the year.

Summer (May - August):

- low of 80-85F overnight, high of 95-100F by afternoon. Very humid, frequent rain, the chance of hurricanes and street flooding. It can easily be 85F, and 90% humidity at 6am.

Fall (August - November):

- low of 60-65F overnight, high of 80F by afternoon. Still very humid, still occasional rain and flooding. This is when the weather starts to get much nicer. There is a lot of variabilities, but September is often the best month for outside dining.

HURRICANE SEASON

- June 1st to November 30th
- Flooding is extremely common and can happen suddenly.

Food & Entertainment

New Orleans is known for excellent food, festivals, and Mardi Gras! Here's a list of some of our student favorites.

Food & Drink

- Bearcat
- La Boulangerie
- Barracuda Tacos
- Juan's Flying Burrito
- Miss Shirley's
- Mister Mao
- Lilly's Cafe
- Pho Tran
- Sofia
- GW Fins
- Jacques-Imo's
- Saba
- Austin's Steakhouse
- Miel Brewery
- Buds's Thai
- Breads on Oak (vegan)
- Wrong Iron
- Tchoup Yard

Coffee & Tea

- Cherry Coffee Roasters
- Evolve Coffee + Matcha
- Undergrowth Coffee
- Trumpet & Drum
- Mojo Coffee House
- CR Coffee
- Rue De La Course
- Feng Cha Boba & Tea

Festivals & Fun

- Mardi Gras - Jan 6 - March 4 2025
- French Quarter Fest - April 10 - April 13 2025
- Jazz Fest - April 25 - May 4 2025

Free

- Audubon Park
- City Park
- Art/Farmer's Markets
- Zoo & museum passes are free to check out through NOLA libraries

Transition to 3rd Year

USMLE Step 1

By now, you should have already decided whether you want to stay in Australia to take Step 1 or come back early to take it in the US. **It is strongly encouraged that all students to take Step 1 IN THE US prior to starting Phase II.** You will not have time to study for Step 1 during orientation and clinical placement. No matter what, you will need at least four (4) weeks of uninterrupted study time (Dedicated) before taking the exam.

To progress to Year 3 of the UQ MD-Ochsner Program, students must provide evidence of **attempting** Step 1 prior to the census date in Semester 1 of Year 3. To progress to Year 4 of the UQ MD-Ochsner Program, students must provide evidence of **passing** Step 1.

Health Insurance

As a UQ-Ochsner medical student, you **must** have valid health insurance. Your OSHC will not cover you in the US, so you must get your own plan. However, you cannot get rid of your OSHC since you need it for the length of your Visa, and you need your Visa for your return rotation to Australia in Year 4. After you graduate, the unused portions of your OSHC (i.e., all the time you were not in Australia) will be refunded.

You will need to shop around for a plan that suits you best and use the website healthcare.gov to help guide you. The marketplace opens on November 1st of each year. More information will be sent to students as it becomes available from OCS administration.

If you are under 26, you could be added to your parents' plan, which is probably your best bet if you qualify. Be aware that if you turn 26 during your 3rd or 4th year, you will have to find new insurance/update your plan.

You may also choose to **apply for Louisiana Medicaid** if you qualify. However, you will need a local address in NOLA (do not use other local addresses to get around this requirement). Nearly all students - on student loans/family support and thus having no taxable income - qualify for Medicaid, which is free. You will need to ensure you provide Ochsner with proof of insurance promptly as this is a requirement to starting placements.

An overview of Medicaid plan benefits, which typically include some vision and dental coverage, can be seen here: <https://myplan.healthy.la.gov/choose/compare-plans>.

Planning your arrival in NOLA

This can vary depending on your particular situation. We recommend arriving 1-2 weeks early to get a place, buy a car, and learn your way around NOLA a bit.

It is highly recommended that you find housing and have a car before orientation starts.

Orientation week is a full-day affair and **attendance is required at all events**. You will have photos taken, do **mandatory health and drug screenings**, be oriented to EPIC (the electronic medical records system Ochsner and many other health systems use) as well as Ochsner in general.

Transportation

Fast and easy transportation to Ochsner Main Campus (OMC) - **1514 Jefferson Hwy, Jefferson, LA 70121** - is of utmost importance in the first few weeks. After that, reliable transportation to OMC, other Ochsner facilities across South Louisiana, and community clinics will also be necessary. This is why a car is absolutely vital to your Phase II career.

Buying a Car

Since travel is required for all clinical placements, you will absolutely need a car. Public transportation here is minimal, unreliable, and incompatible with your hours at the hospital. Carpooling is also **very difficult**. Even if you and your roommates are on the same rotation, you will unlikely be on the same schedule. Your rotations will take you to hospitals and clinics all over South Louisiana. Consider purchasing and registering a car in your home state in order to save on insurance as it is **very expensive** in Louisiana.

Parking

Parking for the hospital is across Jefferson Highway from the hospital in **Parking Lot B**. You will receive a parking pass and need to keep it visible in your car at all times. Do not park in the hospital parking garage or any other letter parking – you will be ticketed (Security patrols daily). Repeated violations are reported to the clinical school faculty.

Driving in NOLA

In New Orleans, everything is at least 10-15 minutes away unless you can walk it. The streets are always falling apart, with **HUGE** potholes everywhere and the maximum speed limit anywhere in the city is 35mph. During rush hour transit times can be greatly exaggerated. Driving from Audubon to OMC can take 5 minutes at 5am but 20 minutes at 7:45am. Also, there are cameras in School Zones throughout the city and they WILL ticket you in some areas if you go >24mph. Trains will slow you down as well trying to get to OMC.

Driving in NOLA takes some getting used to due to the way major streets are laid out (Google “neutral ground”), but once you figure it out and get the hang of a few major streets, you will find it fairly easy to navigate around.

There are heaps of bad drivers. No signaling, cutting across multiple lanes of traffic, and running red lights and stop signs are common occurrences. **Be defensive and assume people will do stupid things because they will.** Pause for a few seconds before proceeding after the light turns green. **Leave plenty of room.**

Car Insurance

As previously mentioned, the quality of the roads is poor. Additionally, residential areas tend to be narrow. An ideal car is a compact SUV with ample ground clearance. Sports cars and full-sized SUVs/Trucks are doable, but may be difficult to use long term without getting your vehicle scratched.

Comprehensive car coverage is recommended. Accidents are common due to how bad the drivers are in Louisiana. Additionally, parts of the city have flooded during storms resulting in serious damage for some students. Due to the absolute necessity of having your own vehicle as well as the risk of a car being damaged, rental car coverage is worth considering should your car need repairs.

Housing Information

- New Orleans is an amazing city with great people who are very proud to be New Orleanian. The history runs deep in New Orleans, with most houses being at least 50 years old and many over 100 years old!
- There are also still scars from Katrina, both physically in the city and psychologically in its people.
 - *As a side note, many people use the hurricanes as a time reference, so know that Katrina was in 2005, Isaac in 2012, and Ida in 2021). Katrina is known as “the storm” and many relate medical problems as starting before or after “the storm”.*
- New Orleans is also unique in that there are very few “good” neighborhoods but more often “good” areas or streets. You can be in a beautiful part of town with gorgeous houses and a 24-hour security patrol and be only 500 meters away from a significantly worse area with boarded-up houses where you would not want to find yourself after dark.
- Overall, the city is safe, and people are very welcoming. Still it is important to be very aware of your surrounding and ***always check out a potential place to live in person and investigate nearby areas.***
- Many places do not offer off-street parking, and so you may find yourself living in a great area but possibly parking in an unsafe area at night if you don't take that into account when you sign a lease.
- Most houses in NOLA are very old. It is essential to ask what amenities are available. One significant thing to ask about is the wiring of the house. Many old homes do not have grounded outlets, and you can quickly scope out if there has been an upgrade by looking at the number of prongs in the outlets. If you have an ungrounded house (which many are) you would be wise to invest in a good surge protector.
- Many houses are “shotguns” which means every room is in a line; i.e. you could open the front and back doors and shoot a shotgun through to the back without hitting anything. Shotguns tend to be cheaper and work well if you are living by yourself or with a partner, but can be bothersome with roommates (even if it has two bedrooms, you will have to walk through one bedroom to get to the bathroom/kitchen/living room). They are also often quite old/needing a lot of repairs. There are stand-alone houses, but many places are duplexes or even quadplexes; old mansions turned into multi-family homes. These can be great to live in, particularly if you have a good neighbor/landlord.
- The rental laws here in NOLA favor the landlord, not you. Be careful when you sign a lease to ensure exactly what responsibilities are yours and when and how to pay your rent. The BSB and pay-anyone electronic payments you are used to in Brisbane are not as common around here and by law you can be evicted at any point from your lease for non-payment of rent by as little as 5 days, with only 1 or 2 weeks notice given.

Housing Information

Realtors

- The prominent realty companies in New Orleans are Keller Williams, Gardner Realtors and Latter&Blum. They can be excellent resources if you want help in finding a place to live. In general they do not require money for their services as they get a commission from the property owner that has listed the rental property.
 - In the past, students have used Todd Tedesco of Keller Williams Realty. You can email him at toddtedesco@kwrealty.com
 - Other students have also used Charlotte Link of Latter&Blum. You can email her at clink@latterblum.com
 - Feel free to contact Ochsner student Camille Patton's parents who are both real estate agents in NOLA - their contact info is: Minnette Patton (504) 427-3438 and Clyde Patton (504) 858-6606
- Students have also used Craigslist and Facebook Marketplace with success – always be weary of any scams and try to bring a friend/family member along with you.

Air Conditioning

- Central air is not uncommon, but is not the norm. Most homes are retrofitted with window AC units.
- Ceiling fans are everywhere and will be your best friend, even with the AC on, during the summer.

Utilities

- Discuss this with your landlord
 - Utilities may be included in your rent; your landlord may pay upfront and expect reimbursement, or you may transfer utilities to your name (or a combination of these)
 - Most people pay between \$125-250 for utilities depending on how “green” you live
- Boil advisories are common
 - Sign up for alerts and be prepared with bottled water to last several days

Finance/Banking

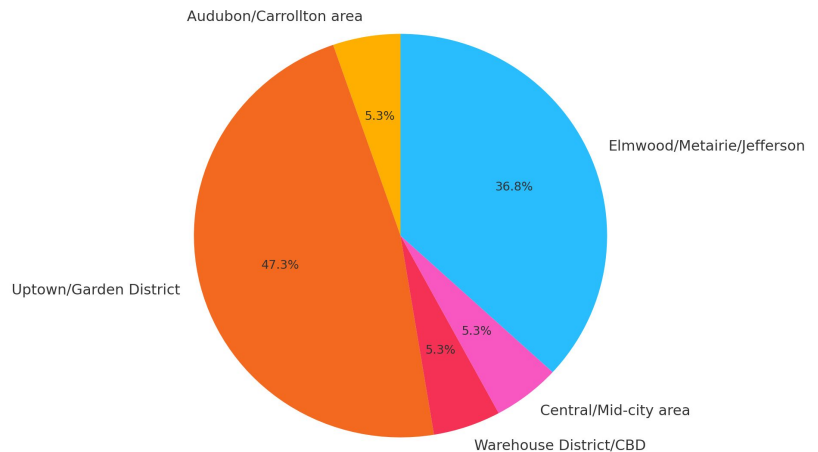
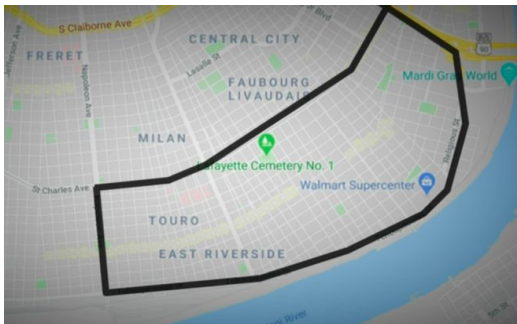
- It is important to note there are *no* Bank of America or Wells Fargo branches in Louisiana.
- In general, the leading banks here are: Whitney, Capital One, First NBC Bank, Chase Bank.
- The most commonly used banks/ATMs around the hospital are Capital One and Whitney.
- Unlike Brisbane, New Orleans runs on cash; make sure you always have at least \$20 on you in case of emergencies

Moving to NOLA with a Family

- For those planning to move to New Orleans with family, please contact your OMSA officers or Student Affairs ASAP. We will address any issues or questions on a case-by-case basis. We can provide resources and guidance on neighborhood selection, school districts, daycares, etc. Please contact OMSALiaison@ochsner.org for more information.

NOLA Neighborhoods

- Please refer to this [Online Interactive Map outlining the neighborhoods in NOLA](#). The map also includes points of interest, from restaurants to bars to Ochsner clinical sites.
- Most housing does not come with off-street parking. Street flooding happens often and can occur suddenly, without warning. Take a look at [LA Floodmaps](#)
 - Also sign up for [Emergency Alerts - NOLA Ready](#), an emergency text message alert system. Text your zip code to 888777.
- Check out the NOLA [Community Crime Map](#) when considering location
- **Beware of “the box”** shown below if you decide to live in Uptown area. This is where most parade routes go during Mardi Gras season. You will not be able to enter or leave the box by car 2 hours before through 2 hours after parades have ended. If you do end up living in the box, make sure your team is aware in order to get you back in time or you may have to park several blocks away and walk home.
- Where you live is a personal decision based on many factors, however, shown below are some of the popular locations polled from our current students.
 - The majority of students live in **Uptown/Garden District** or **Elmwood/Metairie** area. Reach out to your upper year mentors for further advice on where is a good place to live.



- Rent is highly dependent on location, amenities, and number of roommates. So how much should you expect to pay?
 - 1 bedroom
 - Unfurnished: $\leq \$1300/\text{month}$
 - Furnished + utilities: $\leq \$1750/\text{month}$
 - Warehouse/CBD apartment living it's definitely going to be more expensive $\sim \$2000$
 - 2+ bedroom
 - Unfurnished: $\leq \$1000$ per person
 - Furnished: $\leq \$1250$ per person

Required Equipment for Rotations

Laptop

- A working laptop is essential to bring with you everyday!
 - It is important to have access to a working device with a keyboard to write patient notes as there will not always be desktops available to use

Smartphones, iPads, & Tablets

- You don't need a tablet, however having a Smartphone is a necessity for Phase II.
 - You can access a **limited version** of EPIC (Haiku) from your tablet or phone
 - You can't use this to write notes, but it is very good to review information about your patients on the go
- Some apps are very useful on the wards
 - MDCalc, UpToDate (free on OCS wifi), and Amboss/UWorld

Medical Equipment

- A stethoscope, penlight, and small notebook to keep in your white coats are must-haves!
- Hold off buying more medical equipment until you start rotations and see what you truly need.
- Other students recommend: compression socks for surgical rotations, tendon hammer for neurology

What to Wear

- Make sure to have at least a few sets of clinical dress with you available immediately. Wear clinic dress to orientation for your ID photos. Unless you are on a surgical or inpatient service, you will be rounding in clinical dress.
 - For the guys, clinical dress is slacks and a button-down shirt. Wear a tie for your ID photos, but only some services/attendings require ties for rotations.
 - For the ladies, clinical attire is closed-toe flat shoes, slacks, blouses, and dress shirts. Skirts and dresses at knee length are also acceptable.
- For surgical rotations, scrubs are checked out and returned daily. Use your Ochsner ID card to access scrub machines on the 1st floor by the hospital elevators and second floor OR locker rooms.
- You will be given 2 white coats at the White Coat Ceremony. Wear your white coat at all times when in a professional capacity with either scrubs or professional attire underneath
- Your Ochsner ID badge should be visible at all times

Other

- You get a 10% discount on the hot food/salad bar in the cafeteria with your ID badge (This sadly does not include sushi)
- You may not always have a long enough break to go down to the cafeteria, but it is important that you EAT, even if it looks like your residents aren't
 - Bring snacks and water!

Academics

Rotations

In short, there is no such thing as a “typical” rotation schedule. Each rotation will be different, each service within each rotation will be different, and the same service will be different from week to week and, depending on your attending, resident, and patient flow. The 2025 OMSA juniors have put together an [OMSA Rotations Guide](#) that should help make things a bit easier to navigate, especially in the first few weeks of a new rotation.

In general, the surgical services (including OB/GYN) are the busiest and start the earliest. Outpatient clinics are typically less strenuous and have more predictable hours. You are expected to (and should want to – this is how you learn!) be part of the team, which means you stay to help until you are dismissed.

Do not expect to be released early. If you have appointments, make sure to schedule them first thing in the morning or end of the day and communicate with all parties that you will be missing part of the day - UQ absence form, course coordinator, resident, attending, and fellow med student you are rotating with.

Whether your attendings/residents say anything about it or not your attitude, work ethic, and how much of a team player you are *will* be noticed. And it *will* be talked about behind your back (whether good or bad). Since many times whether you pass or fail depends on professional behavior, this can really matter. And even if you manage to make it through, your Medical Student Performance Evaluation (MSPE or Dean’s Letter) for your residency applications is largely based on the evaluations and comments about you during your rotations. In every sense imaginable, it is in your best interest to make yourself an asset to the team.

Sometimes this may mean “scut” work or just standing around wasting your time. A little bit of this is unavoidable and may be worse with certain residents or attendings. In general though, Ochsner physicians are quite good at understanding when your time is wasted and cut you loose. A good strategy is to say up front that you are willing to stay as long as it takes to learn, help patients, and help out the team.

Although you are required to go to all lectures, do NOT fabricate additional “lectures” you have to go to in order to leave service. The attendings are aware of your schedules (for the most part). If you are caught, which is likely, there will be heavy consequences.

Academics

Advice from Current Students:

- Don't stay up late the night before. Seriously.
- Show up early, it can take 10-15 minutes to walk from where you parked to where you're going and the later you are the further back you have to park.
- Always introduce yourself when entering a room with docs, nurses, or patients.
- Remember that you have a right to be there, don't be shy! It'll come with time and you'll eventually get comfortable.
- Go in with an open mindset even if it's a rotation you have no interest in—attendings and residents can tell when you look bored/disinterested!
- Being present and engaged goes a long way! Showing up is half the battle, and once you're there try to make the most of your time. You often learn the most when you're least expecting it.
- Always go into everything open-minded and try your best. Don't be intimidated by not knowing stuff or if anyone seems scary. People all have things going on in their own lives so don't take any rude comments to heart.
- Be nice to everyone! Listen to what your residents say - they want to help you. Also reach out to any 4th year friends/mentors to walk you through some of the basics (SOAP, H&P, how to present, where to go, what to wear, etc.)
- Everyone you speak to in a working capacity, at the end of the day, is just another person like you. Treat everyone with the Southern charm, kindness, politeness, and respect you will observe in New Orleans (even if they don't always reciprocate) and you will quickly become a valued member of any team.
- Be resilient and kind even in the face of fatigue and hardship and you will likely find yourself sitting at an MSPE meeting during 4th year reading positive comments from your rotations across both years.
- Front load your procedural tasks (COPS, DOPS, mini-CEXs) so that the end of rotation is less stressful for trying to get your evals done and studying for Shelf. Also, not the end of the world if you don't do well on Shelf, but honoring looks really good!
- Find every spare moment you have to do your UWorld/Anki/studying during placements, because you'll be too tired when you get home most days.
- Stay on top of UWorld during rotations as it is very easy for questions to accumulate. Keep reviewing micro/pharm stuff as it's easy to forget as the year goes on. Try to complete all of the practice NBMEs before your end-of-rotation Shelf exam.
- Being a good 3rd year student is much more about being curious and engaged than being expected to know everything. Take pressure off yourself to know/do it all and just try and learn/enjoy as much as you can.
- Also, don't say the word "psycation" anywhere near main campus.

Phase 2 OSCE

Aim of Phase 2 OSCE

- The aim of the Phase 2 OSCE is to provide you with an opportunity to demonstrate that you are able to:
 - Perform the clinical skills essential in your role as a medical practitioner appropriately and safely at the level expected at graduation.
 - Engage in sound clinical reasoning to inform patient care and ongoing patient management.
 - Communicate clearly and in a culturally sensitive way with patients, caregivers, and other team members.

What is an OSCE?

- Objective structured clinical examination (OSCE) is a performance-based exam that allows for the standardized clinical skills assessment.
- Objective – in a controlled environment, all candidates complete the same examination stations in the same amount of time, and content and mark schemes are standardized.
- Structured – the marking scheme for each station is structured; specific domains are tested at each station e.g. history taking; explanation; clinical examination; procedures
- Clinical examination – demonstration of clinical capabilities

Why do we use an OSCE?

- There are two key reasons why OSCEs are used in Phase 2:
 - The Phase 2 OSCE complements the other assessments used in Phase 2. Different assessment tools, like various diagnostic tools, are used for various purposes. For example, multiple choice questions may be used to assess factual knowledge, and how to apply this knowledge. While, workplace-based assessments (WBAs), such as mini-clinical evaluation exercises (mini-CEXs) and direct observation of procedural skills (DOPS), are used to assess how you perform your clinical capabilities in day-to-day practice.
 - OSCEs create an opportunity for you to be directly observed while demonstrating a broad range of clinical skill, and is considered to be a fair test of your overall clinical capabilities

Year 3 OSCEs are a graduation requirement. They will be held for two-days at the end of Semester 2 in Year 3. All students will attend **both days** completing stations 1-5 one day and 6-10 the next. **All students must pass the OSCEs.** Should a student fail, they may be allowed to take a remedial OSCE in Year 4.

Please visit MD Community Site → Assessment Literacy → OSCE Literacy for OSCE resources

USMLE

Step 1 is behind you now! Congratulations!!!

Step 2

Step 2 Clinical Knowledge (CK) is a multiple choice exam similar to Step 1, but more clinically focused and centered around management. Preparing for your third-year Shelf exams and working through UWorld (provided) will be integral to your success. CK is dependent much more on your clinical knowledge, so it is essential that you participate as much as possible in each clerkship as this is where you will do a lot of your learning.

- It is not unreasonable to take this exam between Years 3 and 4, and many students do. The ideal time to aim for is December/January so you can start Year 4 with less on your plate and have scores earlier when applying for electives/Sub-I's. Optimal timing will depend on yourself and the rotation order you end up with in Years 3 and 4. The earlier, the better – you never know when a pandemic or hurricane will interfere. You can always discuss this with people who have already taken the CK for more personalized guidance. However, you should sit the exam **no later than April of Year 4**.
- Due to the changes in Step 1 scoring (moving to Pass/Fail), it is **very** much in your best interest to have your CK score back in time for your applications.
- If taking before January, apply around June/July for a spot. If taking in January, spots open up around September.
- The OCS Step 2 Study Guide can be found [here](#).

UQ Ochsner Behavioral Health Resources 2026

1. EAP

You are entitled to five free counseling sessions with a social worker at Ochsner through the Employee Assistance Program (EAP). To arrange for EAP services, first contact [ComPsych](#), which is the insurance company providing the services, at 1- 877-595-5284; Company Code: Ochsner.

You will ask them for an **EAP appointment at Ochsner, Jefferson Hwy location**. (You will not be asking them for a specific provider, as the Ochsner EAP is listed as a group.) They will give you an EAP number. Then call our Department of Psychiatry at 504-842-4025 and say you want to make an EAP appointment with a social worker. They will ask for the number ComPsych gave you. (It is important to make sure you give them the EAP number; otherwise, they will book this as a regular appointment, and you will be charged for it). When you check in for your appointment in Brent House Suite 400, you will need that EAP number to check in. The appointment should be booked under that number, not under your name, for confidentiality purposes.

If you have seen already an Ochsner Psychiatry social worker through the EAP for five free sessions, you have the option of continuing to see that provider but will have to pay out of pocket for the services as your insurance will not cover individual therapy with an Ochsner social worker.

2. Ongoing Individual Psychotherapy

If you need/desire individual psychotherapy in addition to the EAP and medication services above, the following providers (social workers) are recommended by Ochsner Psychiatry staff. You will be charged a copay for each visit.

William Arendell – 504-358-0377

Louis Irwin – 504-837-7474

Paula Sheinberg – 504-834-3488

Everett Taylor Aultman – 504-866-3003

Randy Hess – 504-835-6450

Barry Pilson – 504-834-2455

3. Student Support Services in Brisbane

Student support services offers some after-hours virtual appointments. To book visit:

<https://medical-school.uq.edu.au/medical-school-student-support-appointments>

Our team is well positioned to assist with:

- Mental health support, strategies and resources
- Navigating University policies and procedures and liaising with faculty
- Maximising performance
- Referral to specialist support services (e.g. counselling and academic skills support)
- Generic academic and learning needs (e.g. mentoring, time management and skills development)
- Physical support needs

UQ Ochsner Behavioral Health Resources 2026

4. Ochsner Anywhere Care Visit – Behavioral Health & Well Being

Visit <https://www.ochsner.org/ochsner-anywhere-care>

Visits are available for \$85/45 minute session, 7 days per week from 6:00 am – 10:00 pm

5. Crisis Hotlines

National Suicide Prevention Lifeline – 1-800-273-8255

Metropolitan Human Services District – 504-826-2675

6. Other Affordable Options

- **Algiers-Fischer Behavioral Health Center** – (504) 568-3130, www.mhsdla.org
- **Assurance Care Provider** – (504) 472-0068, 2145 Rev. Richard Wilson Dr., Kenner
- **Beacon Behavioral Health** – (504) 581-4333, 3200 Ridgelake Dr., Ste 100, Metairie 70002
- **Central City Behavioral Health Clinic** – (504) 568-3130, www.mhsdla.org
- **Chartres-Pontchartrain Behavioral Health Center** – (504) 568-3130, www.mhsdla.org, 719 Elysian Fields, New Orleans, 70117
- **Common Ground Health Clinic** – (504) 361-9800, Latino Health Outreach Project: (504) 377-7281, 1400 Teche St., Algiers
- **Counseling and Training Center at Our Lady of Holy Cross College** – (504) 398-2168, 4123 Woodland Dr, New Orleans (Algiers)
- **Counseling Solutions CCANO Program – New Orleans/Metairie** – (504) 835-5007, 1-866-891-2210 Care line; www.ccano.org, 921 Aris Ave, Metairie
- **Enhanced Health Treatment** – (504) 242-1577, 8070 Crowder Blvd., Ste. B, New Orleans
- **Holistic Concepts** – (504) 822-4054, 1836 Bayou Rd., New Orleans, 70116
- **Jefferson Parish Human Services Authority** – (504) 349-8833 for West Bank residents or (504) 838-5257 for East Bank residents; After hours crisis line: (504) 832-5123; www.iphsa.org
- **Jewish Family Service** – (504) 831-8475, 3330 West Esplanade Ave. Suite 600, Metairie
- **Milestones Mental Health Agency** – (504) 269-0234, 4919 Canal St., Ste 203, 70115, New Orleans
- **New Orleans East Behavioral Health Center** – (504) 568-3130, www.mhsdla.org, 5640 Read Boulevard, Ste. 810, New Orleans (East), 70127
- **Seaside Behavioral Medicine Center** – (504) 391-2440, 229 Bellemeade Blvd., Gretna
- **Trinity Counseling and Training Center** – (504) 522-7557, 2108 Coliseum St., New Orleans