



Law School Mental Health, Wellness, & Wellbeing Resources:

- **Let's Talk** (once a week, a counselor from Student Counseling Services sits in the law school for drop-in appointments)
- **Lawyers Concerned for Lawyers** (sits in the law school once a week, provides confidential support for students, can refer to providers for 4 free counseling sessions per issue)
- **NAMI** (National Alliance on Mental Illness) Connections Group (bi-weekly student-run support group for students with mental health concerns)
- **WellBeing Initiative** (student organization focused on student wellbeing - programs, mentor program)
- **MN Law Recovery Group** (bi-weekly student-run support group for students with substance abuse concerns, recently expanded to friends/family of those with substance abuse concerns)
- **Welcome & Wellness Room** (a student-only space that can be used for prayer, small group discussion, yoga, art therapy, or other restorative activities)
- **Student Support Referral Form** (a place for students, faculty, and staff to make referrals for students if concerned)
- **Community, Orientation, Resources & Essentials Program** (C.O.R.E.) Resources Page (only accessible with UMN.edu account)
- **RecWell Weekly Yoga** (on site)
- **Law Council Wellbeing Events** (usually once a month)
- **Wellness Week** (a week of events, highlighting wellness)
- **Student Affairs Advising/Referrals** (appointments for general advising that encompasses academic, mental health, students in crisis, etc)
- **AccessLex Financial Counseling/Webinars** (third-party vendor that we invite into our space for financial counseling)

University of Minnesota Resources (available to law students):

- **Boynton Mental Health Clinic** (counseling, therapy, medication management, crisis appointments)
- **Student Counseling Services** (individual counseling, group counseling, group affinity spaces, academic coaching, academic skills)
- **Disability Resource Center** (assists students seeking classroom and testing accommodations)
- **Aurora Center for Advocacy and Education** (assists students that are victim-survivors of sexual misconduct and relationship violence)
- **Student Conflict Resolution Center** (assists students with campus-based problems/concerns)
- **Student Advocate Services** (assists students accused of violating conduct code and honor code)
- **Student Legal Services** (assists students with legal disputes/limited criminal matters)
- **Equal Opportunity and Affirmative Action** (assists students that are victims of discrimination and sexual misconduct)
- **University Recreation and Wellness** (physical activity and overall wellness education)
- **Student Parent Help Center** (childcare grants, general support for student-parents, parent groups, etc.)
- **PRISMH: The President's Initiative for Student Mental Health** (a systemwide effort to bring together the services, programs, policies, and academic practices that showcase the University as a leader in understanding the ecosystem of mental health by using a public health approach grounded in data, practice, and research)