

MENTAL HEALTH AND WELLNESS RESOURCES

LAW SCHOOL SUPPORT

- **Student Services Team Support** - Advising, crisis management, accommodations, medical leaves
 - Embedded Law School Staff Psychologist
 - Associate Director of Student Engagement, Community, & Wellness
- **Chicago Campus Counseling and Psychological Services (CAPS)**
 - Provides individual and group therapy as well as crisis support. Student should call (847) 491-2151 to arrange a crisis appointment
 - Let's Talk - Drop-in counseling sessions are available to students four times per week
- **Student Well-being Committee** - Comprised of Senior Staff and Faculty
- **Student Organizations**
 - **Disability Law Students Association (DLS)** - Supports students with disabilities and encourages open discussion about disability rights
 - **Student Mental Health Alliance (SMHA)** - Aims to provide student support, mental health resources, and decrease stigma
- **Student Wellness Spaces**
 - Nap Room
 - Prayer Room
 - Student Zone (Student Recreational Room)
- **Third-party Resources**
 - ABA Well-Being Pledge Participant
 - AccessLex - Third-party vendor that provides students with financial counseling
 - Lawyers' Assistance Program (LAP) - LAP of Illinois visits the Law School each month for drop-in sessions
 - Mindfulness in Law Society - Third-party that hosts bi-weekly meditations for law students and lawyers

BE WELL PROGRAMMING & ACTIVITIES

Lunch and Learn Programs (monthly)

- Resiliency
- Impostor Syndrome
- Stress Management
- Happiness in Law School
- Self-Compassion
- Alcohol and Substance Use
- Crisis and Suicidality

Group Activities (weekly)

- Mindfulness Meditation
- Yoga
- Fun Run
- Time Management and Productivity Workshop
- Self-Care Time-out

Other Programming

- Self-Care Pop-Ups
- NLaw Professional Closet
- Be Well Book Club
- Sit in Sound Singing Bowls Series

Wellness Ambassador Program

Six students were selected to serve as Wellness Ambassadors for the 2022-2023 school year. The group aims to provide mental health and wellness resources to fellow students, lead self-care related programming, and provide feedback related to mental health and wellness to the administration.

NORTHWESTERN UNIVERSITY RESOURCES

- Center for Awareness, Response & Education (CARE)
- Counseling and Psychological Services
- Financial Aid
- Health Promotion and Wellness (HPaW)
- Multicultural Student Affairs (MSA)
- Purple Pantry
- TimelyCare
- University Recreation Center
- Women's Center
- Wildcard Discounts