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.

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

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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