Mental Health Resources for Law Students

In order to be the best lawyer, student, and person you can be, you need to make sure you’re taking good care of your mental health. Here we’ve listed some mental health resources within your reach that can help you get there.

24/7 HOTLINES
- BU Behavioral Medicine - 617-353-3569
- BU Sexual Assault Response & Prevention (SARP; trauma-informed care) - 617-353-7277
- Boston Area Rape Crisis Center (BARCC) - 1-800-841-8371
- MA Lawyers Concerned for Lawyers – 1-800-525-0210
- The Steve Fund (mental health and well-being of students- of color) – TEXT 741741
- Trevor Lifeline - 1-866-488-7386
- Trans Lifeline – 1-877-565-8860
- Veterans’ Lifeline – 1-800-273-8255
- American Bar Association (ABA) National Resources

IN-PERSON, INDIVIDUAL OR GROUP SUPPORT
- BU Student Health Services – 617-353-3569 or patientconnect.bu.edu
- Asian Students Support Group
- Black Students Support Group
- Body & Self Image Support Group
- Building You (Emotional Resilience) Group
- Chronic Conditions Support Group
- First-Generation Support Group
- Graduate Student support Group
- Grief Group
- LGBTQ+ Support Group
- Managing Anxiety
- Mindful Meditation
- OCD Support Group
- Sleep Solutions
- BU Collegiate Recovery Program – recovery@bu.edu
- BU Law Student Affairs – 617-358-1800 or studaff@bu.edu

EQUITY, JUSTICE AND ENGAGEMENT
BU Law Affinity Groups:
- Asian-Pacific American Law Student Association (APALSA)
- Black Law Students Association (BLSA)
- BU Disability Law Advocates and Allies (BUDLAA)
- First-Generation Professionals (FGP)
- Jewish Law Student Association (JLSA)
- Latin American Law Students Association (LALSA)
- Middle Eastern & South Asian Law Students Association (MESALSA)
- Muslim Law Students Association (MLSA)
- Native American & Other Indigenous Peoples Law Student Association (NALSA & Peoples)
- OutLaw (LGBTQIA+)
- Women’s Law Association (WLA) and Women of Color Collaborative (WoCC)

ASSOCIATE DEAN FOR EQUITY, JUSTICE & ENGAGEMENT
Ron Wheeler – 617-358-3044 or wheelerr@bu.edu

DIRECTOR FOR DIVERSITY, EQUITY, & ENGAGEMENT
Andrea Garr-Barnes - andreaga@bu.edu

BU Office of the Ombuds
617-358-5961 or ombuds@bu.edu

FINANCIAL WELL-BEING
- AccessLex Center for Education and Financial Capability
- BU Smart Money 101
- BU Law Financial Aid Office
- BU Law Alumni Access Fund
- BU Community Cares (Food resources
- BU Graduate Parenting Resources

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SOCIAL/PERSONAL WELL-BEING
- BU Well-Being Project
- Headspace App (for all students)
- BU MeetUp (grad student mixers
- Student Wellbeing Advisory Board

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SPIRITUAL WELL-BEING
- BU Marsh Chapel
- BU Hillel
- BU Newman Center
- BU and BU Law Religious Student Organizations

BU edlaw/mental-health-resources/