

# 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

- MA Lawyers Concerned for Lawyers – 1-800-525-0210
- First Generation Lawyers Group
- LCL Addition Recovery Peer Support Groups
- SuperMom: Support for lawyer/parents
- Practicing Law with ADHD
- Immigration Lawyers Support Group (Vicarious Trauma)
- Professional Conduct Group

## 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 - andrea@bu.edu

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

## CAMPUS EXPERIENCE/ DISCRIMINATION RESPONSE AND RESOURCES

- BU Law Classroom Climate Report
- EthicsPoint (anonymous)
- BU Disability & Access Services
- BU Gender Affirming Product Program
- BU D&I Learning Toolkits

## PHYSICAL WELL-BEING

- BU Law Annual 5K & Running Club
- BU Law Softball Club
- BU Fitness and Recreation Center
- BU Yoga
- BU Tai Chi
- BU Intramurals
- BU Sargent Choice Nutrition Counseling

## 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

## SOCIAL/PERSONAL WELL-BEING

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

## SPIRITUAL WELL-BEING

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