

Mental Health and Wellness Support at CUNY School of Law

Mental Health Counselors

CUNY School of Law provides short-term confidential counseling support services to students in one-on-one and group counseling sessions as well as through ongoing workshops. Our two full-time Law School counselors offer support to students during business hours, in the evening, and on weekends. Further information on our services and resources can be found at <https://www.law.cuny.edu/students/student-affairs/psychological-health-counseling/>.

We also have a part-time nurse practitioner to help with other health and wellness issues that students may face.

Programming through Student Affairs

- **New York City Lawyers Assistance Program Information Session:** All first-semester 1Ls attend a session with NYC LAP to discuss mental health and addiction services for students, bar takers, and practicing attorneys.
- **Stress Free Zones:** During midterms and finals, these zones have snacks and hot drinks, puzzles/games, creative spaces, and more. For finals, we host hot brunches and dinners for day and evening students.
- **How to Get Away with Therapy:** Weekly drop-in hours with our mental health counselors.
- **Other programs** include Stress Management for Beginners, Healthy Relationships, and Meditation.

University-wide and Other Resources

- **CUNY-wide student resources:** <https://www.cuny.edu/current-students/student-affairs/student-services/counseling/>
- **CUNY Crisis Text Line:** Text CUNY to 741741 for 24/7 confidential, licensed, and professionally trained support
- **Togetherall:** free, anonymous mental health support in minutes, with no waiting list to access the platform
- **10-Minute Mind:** a free daily online guided mindfulness meditation available for the CUNY community
- **JED Foundation:** available to the CUNY community to participate in mental wellness and educational support
- **Floating Hospital:** referrals and recommendations for additional mental health support services
- **The New York City Lawyers Assistance Program (NYC LAP):** available to attorneys, judges, law students and their family members in New York City who are struggling with alcohol or drug abuse, depression, anxiety and stress, as well as other addictions and mental health issues.
- **Support for faculty and staff:** CUNY's Work/Life Program provides information and confidential counseling 24/7; WorkWell NYC offers resources and support for all city employees

Other Programs and Support Within the Law School

- **Emergency grants:** <https://www.law.cuny.edu/students/student-emergency-grant-funds/>
- **Food Pantry:** open 24/7, with no limit as to the number of items each student can take
- **Food Vouchers:** On average, 50 food vouchers of \$25 each are available per month
- **Wellness Working Group:** students, faculty, and staff create and facilitate wellness programming. Past programs include a silent weekend retreat held during Spring Break to facilitate a reset before the close of the academic year.
- **Student organizations:** Many groups offer individual and group support on mental health and wellness issues (e.g., contemplative lawyering, Black Law Students Association, Latinx Law Students Association, Men of Color Coalition, Women of Color Coalition, Accessibility for Law Students Association).
- **Support for alumni:** mindfulness and CLE programming, and the NYC Law School Wellness Consortium