



DREXEL UNIVERSITY

Thomas R. Kline

School of Law

MENTAL HEALTH &
WELLNESS RESOURCES

DiveIN + Be Well Internal Website

Any community member “feeling burnt out, overwhelmed, or searching for a sense of belonging” can access this dedicated internal website and make an appointment to meet the assistant dean of diversity, inclusion, and student life. The site links to the [University’s counseling center](#) and [Health & Well-Being site](#), [Lawyers Concerned for Lawyers \(PA\)](#), a [24-hour crisis texting hotline](#), and a [suicide prevention hotline](#). The site includes information about the Kline Closet (professional clothing), Mario’s Market (food relief), and the Kline School of Law Student Emergency Fund (financial assistance). The site also provides wellness resources and information, including a series of guided meditations led by one of the Law School’s full-time faculty members, a link to the ABA’s “Path to Student Well-Being” podcast, and mental health resources maintained by the Law School’s Legal Research Center.

Orientation & Professional Fundamentals

Information on well-being resources, including the University’s recreation center, counseling center, and Lawyers Concerned for Lawyers (LCL) organization, is provided at orientation for new law students. In addition, the 1L Professional Fundamentals program includes significant opportunities and strategies for wellness practices and a presentation by LCL.

Kline Calm Wellness Space

As part of the Law School’s commitment to mental health and wellness, the assistant dean for diversity, inclusion, and student life refitted an underused space within the legal research center called “Kline Calm.” The space features couches, bean bags and meditation chairs, yoga mats, a coloring station, positive affirmations, a monitor that features wellness programming (and more), and a charging station in hopes that students will unplug and recharge themselves and their devices. The space is designed to provide students with a place where they can step just to the side of their legal studies to relax, reset, and recharge.

DiveIN + Be Well Week

Each year, the Law School, in collaboration with the Mental Health and the Law Society, sets aside a week (“DiveIN + Be Well Week”) in the fall and spring semesters to explore different aspects of wellness, including emotional, physical/safety, social, financial, spiritual, occupational, and intellectual well-being. Programming also includes therapy dogs, massage therapy, primal scream therapy, meditation, improv comedy, and more.

Videos of guest speakers during these weeks are saved to the DiveIN + Be Well site; students, faculty, and staff can replay talks on trauma-informed layering, balancing expectations, discovering strength, and radical self-care in the age of racial trauma.

Curricular Offerings

The Law School offers elective courses that focus directly on students’ professional identity formation and well-being, including Contemplative Lawyering, Communicating for Success, Interviewing, Counseling & Negotiation, and Practical Issues for New Attorneys. In addition, the Introduction to Trial Advocacy course has additional class time built into the schedule so that the professor can integrate mindfulness skills explicitly directed toward being a trial lawyer into the course.