



# THOMAS R. KLINE

## SCHOOL OF LAW

# WELLNESS RESOURCES

---

## Law School Resources

- Mindfulness and Meditation Room
- Wellness Tip of the Week
- Wellness Week including a CLE done in conjunction with Lawyers Concerned for Lawyers PA – *Mental Health IS Health*
- Therapy dogs (monthly) and chair massages (during exams)
- Dean of Students wellness hours in the student lounge twice per week to answer questions and offer support
- Wellbeing Working Group that includes faculty, staff, and students
- Student Support Team designed to identify at-risk 1L students and intervene to direct them to appropriate resources
- Syllabus template includes links to wellness resources
- Mental Health First Aid training for staff and student leaders
- Food pantry and clothing closet
- Wellness Series for faculty, staff, and students addressing five of the pillars of wellbeing: psychological flexibility, mindfulness, emotion regulation/distress tolerance, acceptance, and self-compassion

---

## University Resources

(available to all Law students)

### Center for Student Wellbeing

#### Counseling and Wellbeing Center

Room 636 Fisher Hall, 412.396.6204

#### Health Services

2nd Floor, Student Union, 412.396.1650

#### Sports and Recreation

2nd Floor, Power Center, 412.396.5050

Basketball/volleyball courts, Racquetball courts, Cardio equipment, Fitness studios, Weight room, Exercise classes. Towers Swimming Pool. McCloskey Field. Basketball/Street Hockey Court. Tennis Court

### Oasis Wellness App

Available to all students on campus

### DU CARES

Assumption Hall, 412.396.5834 – Drug and alcohol counseling and information

### Disability Services

309 Student Union, 412.396.6658 – Resources on receiving accommodations for disabilities

### Psychology Clinic

227 Rockwell Hall, 412.396.6562 – Affordable services provided by doctoral students in Duquesne University's clinical psychology program who are working under the supervision of licensed clinical faculty members and selected licensed adjunct faculty psychologists in the community

### **Group Therapy Workshop, Support, and Social Groups:**

- LGBTQIA+ Support and Social Group
- Student Study Skills Group
- Meditation Practice for Challenging Times, Meditation Group for Students
- The Well: Student Support Group
- The Village: Where Duquesne Black and African American students can express their emotional needs and receive support
- RISE: Support group for student who have family, friends or loved ones battling substance use disorders or have lost loved ones to the disease

### **Campus Ministry**

Campus Ministry houses a relaxing lounge area, a study room, a café and kitchen, and interfaith prayer and reflection room. University chapel holds Masses every day.

### **Brother Keating Initiative**

Helping food-insecure members of the campus community receive access to support services, this initiative addresses health and wellness and includes meal vouchers and a campus food pantry.

### **The Center for Excellence in Diversity and Student Inclusion**

The Center provides support services and coordinates community-wide events and programs to celebrate and acknowledge campus leaders and raise awareness about critical issues.

### **Bias Education Response Team (BERT)**

BERT is a multidisciplinary team that educates the campus community, monitors and reports on trends, and responds to bias incidents through restorative practices.

---

**EMPOWERED TO LEAD.  
PREPARED FOR WHAT'S NEXT.**

[duq.edu/law](http://duq.edu/law)

---