

# Mental Health, Wellness, and Well-Being Resources

New York Law School fosters a supportive and nurturing law school community, offering safe and intentional spaces to enhance connections among students, faculty, and staff. As a standalone law school without a university affiliation, NYLS infuses education and information about many critical life skills into its courses, programs, and events. Faculty and staff are committed to each student's academic success and personal well-being.

Students experiencing stress, anxiety, or other emotional challenges can reach out for free and confidential help. NYLS students have access to mental health and wellness resources that provide confidential support in a variety of ways, and many of them are available 24/7. Additionally, NYLS provides education about ways to develop healthy habits and practices to utilize when needed and has engaged in multi-year work with the JED Foundation to develop a mental health strategic plan which is currently being implemented across the institution.

## Important Health and Wellness Resources

Office of Student Life, staffed by dedicated professionals with significant experience in student advising

Free counseling services provided by a licensed clinical social worker with significant experience working with law students

Student hotline (free 24/7 access to mental health counseling)

Mount Sinai Beth Israel and Wyckoff Heights Medical Center services for students who have experienced sexual assault or intimate partner violence

Discounts on various gym memberships and training opportunities

## Mental Health Strategic Planning

Working with the JED Foundation and with input from the Student Bar Association and the Dean's Leadership Council, an institution-wide team has embarked on mental health strategic planning, including:

Developing and implementing a mental health strategic plan

Working on major policy revisions relating to mental health and wellness

Enhancing on-campus mental health and wellness resources

## Prevention of Problematic Drug and Alcohol Use

Free, confidential resources for assistance with problematic alcohol and substance use issues

Policies that offer student amnesty for drug use

Referrals to third-party organization resources

## Course Offerings and Student Organizations/Facilities

**NYLS's course in Mindful Lawyering** introduces students to the practice of mindfulness in the legal profession. Students learn to cultivate mindfulness to become creative problem-solvers and effective, empathetic advocates, to find joy and decrease stress in the practice of law, and to improve cross-cultural communication and minimize the danger of implicit bias.

**Organizations** that bring students together for a common purpose enhance campus life and strengthen a sense of community for all. These connections create supportive environments and encourage cultural inclusiveness, especially among underrepresented or higher risk student groups.

NYLS has set aside a **Reflection Room** as a quiet space for reflection, meditation, prayer, or other similar uses.

## Mental Health Awareness and Wellness Week and Signature Programs

- In October 2022, NYLS hosted a full **Mental Health Awareness and Wellness Week** around the American Bar Association's recognition of October 10 as Law School Mental Health Day. The week's activities encouraged both participation in scheduled events and continuation of these important practices throughout the year. Students had the opportunity to:
  - Write a positive message on one of the several **NYLS Wellness Boards** located around campus
  - Attend a **panel discussion on Perspectives and Strategies for Managing Mental Health and Well-Being in Law School and Beyond**, moderated by Dean Anthony Crowell and featuring noted attorney and mental health commentator Michael Kasdan, NYLS's licensed clinical social worker, members of the NYLS faculty, staff, and student body
  - Join a **Meditation and Mindfulness** Health and Wellness event on-site with an experienced yoga and meditation expert
  - Participate in physical fitness and social events
- NYLS also offers activities that enhance mental health and well-being during its **Community Days** and **1L Orientation**.

