



# MENTAL HEALTH, WELLNESS AND WELL-BEING RESOURCES AT VILLANOVA LAW

## LAW SCHOOL RESOURCES

**Director of Student Affairs and Well-being:** As a trained counselor, this role provides student support for issues and concerns ranging from personal, academic and emotional. The director meets individually with students experiencing challenges, helps develop effective coping strategies and promotes well-being initiatives and resources within the law community for a positive law school experience.

**Deans' Mental Health and Law Student Well-being Advisory Council:** Launched in 2020, this select group of law students, staff and faculty identify ways to destigmatize mental health, discuss concerns, increase awareness of resources and create an educational environment where the mental health needs of law students are prioritized.

**Student Mental Health Society:** Through programming and awareness campaigns, the organization works to promote the mental health resources offered by Villanova University and end the stigma about mental health in the law school setting. Programming includes counselors and speakers on various topics, yoga classes, knitting groups, nutrition workshops, mental health check-ins and social media campaigns informing students about existing resources.

**Academic Success Programs:** Provides services to students through an academic mentor program, study skills seminars, instructional materials and one-on-one meetings. Their mission is to help students achieve academic success in law school without sacrificing their health and wellbeing, which is why the programming addresses time management, stress management and other related coping skills.

**Student Bar Association:** SBA's wellness chair creates programming for the student body, including yoga, pet therapy, wellness week, healthy snacks, workout tips and promotion of well-being resources; and conducts wellness check-ins with student groups and co-curricular organizations throughout the year.

**Villanova Law Office of Alumni Relations and Development:** This department has implemented programs that address mental health for lawyers and law students, including collaboration with LCLPA to present "I Don't Belong Here - Imposter Syndrome in the Legal Profession" and "The Burned Out Lawyer - Recognition and Prevention Strategies." In addition, the Minority Alumni Society holds monthly discussions to talk about successes and struggles in law school and, during finals each semester, they provide snacks, encouragement and advice to law students.

**Professional Development:** Villanova Law's for-credit Professional Development course includes sessions dedicated to lawyer well-being programming, with topics from Lawyers Concerns for Lawyers, Positive Psychology and AccessLex Financial Well-being, and partners with the Student Mental Health Society for classes on well-being topics.

**Expert-Led Trauma-Informed Lawyering:** Course taught regularly for interested faculty, student groups, clinic participants and alumni.

**Lawyers Concerned for Lawyers PA (LCLPA):** This organization offers free wellness and mental health resources to law students, hosts dedicated "student hours" each semester and participates in the law student well-being panel at 1L Orientation.

**Students of Concern Team:** This interdisciplinary committee brings together staff and administrators from various departments to offer an informed and caring response to students of concern, ensuring they are supported and aware of relevant resources.

**Meditation/Prayer Room:** A dedicated space within the law school for students to engage in meditation, mindfulness or prayer.

## UNIVERSITY RESOURCES

**University Counseling Center (UCC):** Provides various services and resources to help students function optimally regarding emotional, academic, social and psychological issues.

**Office of Health Promotions:** Resource and referral hub for information on topics stretching the six dimensions of health and well-being: social, physical, intellectual, cultural, emotional and spiritual.

**Sexual Assault Resources Coordinators (SARC):** Provides support and resources to students following an incident of sexual violence and any form of sexual violence.

**Student Health Center:** Provides health care to Villanova undergraduate and graduate students.

**Counseling Groups:** The UCC offers counseling groups on various topics, including Resilience and Connection; Loss of a Loved One; Substance Abuse and Recovery; Graduate Student Support Group; LGBTQIA+ Support; First Generation College Student Support; GRIT: Student-Athlete Support.

**UWill:** Villanova has partnered with UWill mental health platform to provide 24/7 mental telehealth counseling for students at no cost.

**Nod app:** Villanova provides all students free access to the Nod app aimed at addressing college loneliness, bolstering social engagement and developing skills to build meaningful social connections.

**Student Life Mental Health and Well-being Committee:** Committed to supporting and improving individual and community well-being from an inclusive lens to serve the diverse needs of our community through mental health awareness, promoting resources and services, and reducing stigma.

**Well-being Coaching:** The Office of Health Promotions offers one-on-one consultations on various topics, including alcohol use screening, nutrition, smoking cessation, sleep and stress and other campus programs and initiatives related to well-being.

**Online Wellness Courses:** AlcoholEdu, sexual assault prevention, mental health and well-being and prescription drug courses.

**QPR Training:** Villanova offers QPR (Questions, Persuade, Refer) suicide prevention training for students, departments and groups.

**Mindfulness Mondays:** Weekly mindfulness programming sponsored by Campus Ministry.

**You Matter/We Care:** Campus-wide programming and well-being campaign aimed to destigmatize asking for help and increasing awareness of the offices dedicated to assisting specific well-being issues.

**Campus Student Groups:** Includes UNITAS: Every Mind Matters, POWER: Peers Offering Wellness Education and Resources and Mental Health Advocacy Awareness (MHAA), which offer programming and allyship for interested students.

**Athletics:** offers physical recreation for students, including yoga, pilates, barre, spin classes and intramural sports.

**Thrive 365 Portal:** Allows students to engage in personalized programs, events and initiatives that focus on the whole person with topics ranging from fitness and sleep to nutrition and stress.



VILLANOVA  
UNIVERSITY

Charles Widger School of Law