



MENTAL HEALTH & WELLNESS RESOURCES

At Fordham Law School, we are committed to supporting the mental health and wellness of every student. We recognize that our students' health and wellness is vital to their personal and professional success as lawyers and we offer the following resources and programming to aid them in finding fulfillment across various dimensions of well-being.



RESOURCES:

- Free and confidential counseling and psychiatric services through Fordham Counseling and Psychological Services.
- Group counseling and support groups such as:
 - Drop-In Group Counseling
 - Mindfulness Groups
 - LGBTQ + Support Space
 - Black Healing & Empowerment Circle
 - Ally Solidarity & Support Space
 - Non-Black Students of Color Support Group
 - Law Student Support Group
- Advising and counseling with members of the Office of Student Affairs, who are trained to support students through any personal or academic challenges that arise during law school.
- Access to campus assault and relationship education resources.
- Free access to Lincoln Center Fitness, which is located just around the corner from the Law School.
- Access to Fordham University Health Services, which provides a host of healthcare services including primary care, physical examinations, nutrition counseling, and more.

PROGRAMMING:

We offer a robust mental health and wellness co-curriculum including but not limited to programs such as:

- Wellness 101: Strategies for Maintaining Health and Happiness in Law School and Practice (required for all 1Ls)
- Secrets to Success: Growth Mindset and Resilience (required for all 1Ls)
- Mental Health First Aid Training
- Wellness in Practice: Lessons from Top Lawyers & Law Firm Leaders about Why Mental Health Matters and Tips for Thriving in Practice
- Unwinding Anxiety and Other Harmful Habits
- Food for Thought: Nutrition Tips for Busy Law Students and Lawyers
- What Our Work Does to Us: Strategies for Identifying and Addressing Secondary Trauma in Public Interest Lawyering
- Outsmart Your Bias Towards Self and Others Through Mindfulness
- Fuel Your Focus: Using Mindfulness to Reduce Stress and Optimize Performance and Productivity in Law School
- Four Powerful Tools to Reduce Stress
- Mindfulness Meditation Series
- The Lawyer's Guide to Managing Stress & Burnout
- Gratitude Week "Wall of Thanks"
- Finals & Reading Period De-Stress Study Breaks