Mental Health Resources

**WELLNESS RESOURCES**

**URECFit & Wellness**
Recreational facilities and programming that support overall well-being.

**Food Pantry**
Provides students with access to nutritionally rich snacks and meals.

**Student Health Center**
Provides routine examinations and minor urgent care medical services for students.

**FINANCIAL RESOURCES**

**Student Emergency Fund**
Provides financial assistance to students who are experiencing a serious financial hardship due to a sudden or unforeseen event.

**Student Financial Planning Coordinator**
Full-time law school staff member who provides current and prospective students with information on financial aid options and protocols.

**AccessLex**
Third-party vendor offering free financial education and counseling for law students.

**Student Counseling Center**
Offers individual, couples, and group counseling services, psychiatric and medication evaluations, medication management, consultations, and referrals.

**After-Hours Crisis Support**
After-hours counseling services for urgent, non-life-threatening mental health support.

**Maryland State Bar Association's Lawyer Assistance Program**
Provides counseling for mental health and wellness concerns such as stress, anxiety, depression, suicidal ideation, substance abuse, and more to lawyers, judges, and law school students.

**Self-Help Resources**
Extensive library resources that address a variety of mental health and wellness issues.

**Red Folder Training**
Training program for faculty and staff to help them identify common signs of student distress or crisis.

**Comfort K9**
The campus comfort dog is trained to provide stress relief and affection to people dealing with anxiety, depression, trauma, or mental illness.

**Programming**
A variety of programming including yoga, massages, decompression sessions, stress management workshops, and more.