

Mental Health & Well-being Resources

Penn State Law in University Park Programming & Resources: Penn State Law (PSL) Resources, Student Organizations and Committees

- [Well-being at Penn State Law](#): Well-being resource guide available for law students.
- [SBA Mental Health & Wellness Committee](#): Promotes students' mental and emotional wellness while at Penn State Law.
- [Mindfulness in Law Society \(MILS\)](#): Provides strategic mental health and wellness education for Penn State Law students.
- **Reflection Room**: This room provides a quiet and safe space for students and is located on the third floor of the library.
- [PSU Counseling and Psychological Services \(CAPS\)](#): Holds weekly in-house informal student drop-in consultations.
- [Wellness Week](#): Penn State Law promotes mental health and well-being through a series of activities and events.
- [Well-being Taskforce](#): Students, staff, and faculty develop comprehensive well-being awareness, programming, and outreach initiatives for PSL.
- [Financial Aid Office](#): Works with law students to identify resources and obtain funds to finance their legal education.

Penn State University Services:

- [Health Promotion and Wellness](#): Free wellness educational and informational services for students.
- [Campus Recreation](#): Offers diverse wellbeing opportunities to enhance the student experience.
- [University Health Services](#): Comprehensive on-campus health care resources and services.
- [Collegiate Recovery Community](#): Programming to help support students with alcohol and substance abuse disorders.
- [Student Care and Advocacy](#): Assistance for students to help navigate Penn State structures and resources.
- [Student Disability Resources](#): Explore individualized reasonable accommodations for equal access and participation.
- [Center for Spiritual & Ethical Development](#): Safe and inclusive environment to explore a multitude of faith traditions.
- [Boucke Building Mediation Rooms](#): Quiet and safe space for students, located on the third floor.
- [Penn State's Sokolov Miller Family Financial and Life Skills Center](#): Financial education tools and classes available to Penn State students.
- [Penn State Student Emergency Fund](#): Assists with challenges such as food, housing, and basic need insecurities.
- [Lion's Pantry](#): The official on-campus student food pantry at Penn State's University Park.
- [Project Cahir](#): Students can request pre-packaged toiletries through Project Cahir.
- [The Clothing Transit](#): Provides free clothing and accessories for trans and gender non-conforming students.
- [UPUA Wellness Fund](#): Helps to cover the cost of medical appointments at University Health Services.
- [Childcare Subsidy](#): Helps qualifying, low-income student parents by paying a portion of their childcare cost.

Community Support Services & Resources

- [AccessLex Institute](#): Financial education programming to help students and graduates confidently manage their finances.
- [Lawyers Concerned for Lawyers-PA](#): Assists law students with mental health and substance abuse issues.
- [Mental Health Community Committee of Centre County](#): Provides mental health resources and training to the community.
- [Center for Community Resources](#): Provides 24/7/365 crisis intervention services for Centre County, hotline 1-800-643-5432.
- [National Alliance on Mental Illness - Centre County](#): Support group intended to serve individuals with mental illness.
- [The Advocacy Alliance](#): Promotes mental well-being, supports recovery efforts, and provides advocacy services.

