Mental Health Resources for Law Students

Law School Resources

**Student Wellness Website**
- Academic Accommodations Resources
- Disability & Access Services
- Health and Counseling Resources
- Sexual Assault and Dating Violence Information
- Mental Health local and national hotlines
- Mental Health Online Screening
- Confidential Bias Incident Reporting
- Chosen Name Policy

**Law School Wellness Programming**
- Mental Health Awareness Week events
- AccessLex Infosessions
- Wellness Week Positive Affirmations Board
- Grab n’ Go Pop Up Events
- Seasonal/Holiday Based Events
- Public Interest Happy Hour
- Snacks onsite during midterms & finals
- Curricular offerings pertaining to wellness

**Circles of Support**
Opt-in texting service that monitors student responses and offers resources and support in collaboration with the University Counseling Center

**Orientation Wellness Events**
- Leadership, Equity, Achievement, and Diversity (LEAD) Pre-Orientation program
- Various affinity welcome events
- AccessLex Financial Planning
- "Maintaining Wellness In Law School" session
- First year cohort assignments - Led by faculty or staff, a small group of students meets during 1L orientation and continues to meet through the year

**Academic Success Department**

**Diversity & Inclusion Strategic Planning Committee**

**Law Student Lounge**

**SBA Wellness Programming**
- Affinity/LGBTQ Based Organizations
- Mental Health Club
- BLSA Financial Literacy event
- BLSA Financial Literacy event
- BLSA Poetry Night
- BLSA Mental Health/Tip Day
- LLSA & MESALA Cafecito
- MESALA Presents Ramadan Iftaar Party
- APALSA Yoga, Cultural Movie Night
- Various groups trivia nights
- Friendsgiving
- Rosh Hashanah Celebration
- Christian Law Society Movie Night
- Karaoke night
- Women’s Law Paint and Sip
- International Women’s Day Event
- Softball Club
- Barristers Ball
- 3L End of Year Celebration

**University Resources**

**Counseling Center**

**SafeZone Training**

**Recreational Center**

**Intercultural Center**