



# School of Law

UNIVERSITY OF SOUTH CAROLINA



## School of Law Mental Health Health & Wellness Resources

- **Law School Counselor:** A licensed professional counselor is embedded within the law school & provides a broad range of counseling services to law students & consultation to faculty & staff.
- **South Carolina Bar Lawyers Helping Lawyers:** Provides 5 free counseling sessions per year, support groups, & law student assistance.
- **Meditation Room:** A space for law students that can be used for meditation, prayer, & as a lactation room.
- **Student Organizations:** Office of Student Affairs partners with law student organizations to provide stress & emotional relief during exams, such as exam breaks, meditation classes, workshops, tabling events, yoga, & puppies in the courtyard.
- **Counselor's Corner:** An initiative to address food insecurity & ensure law students have access to food, personal hygiene products, academic materials, & professional attire.
- **AccessLex Institute's Scholarships & Financial Counseling:** Law school partners with the AccessLex to provide programming regarding financial literacy, student loan repayment planning.

## University Resources

- **Counseling & Psychiatry Center:** Provides individual, group, & couples counseling services, psychiatric services, crisis walk-in appointments, case management, & consultations for gender affirming care, sleep, eating concerns, & sex therapy.
- **Therapy Assisted Online (TAO):** Free access to evidence-based modules with skills on a variety of presenting concerns, such as anxiety, depression, & substance use.
- **Thrive@Carolina 24/7 Support Line:** Unlimited access to the 24/7 mental health support line to speak with a clinician to address mental health needs as well as access to free counseling sessions with community providers.
- **C.A.L.M. Oasis:** Mindfulness & meditation space that can be used for open practice or open learning coordinated by a trained facilitator.
- **Wellness Coaching:** Provides education, support, & encouragement to develop behaviors for a healthier lifestyle.
- **Sexual Assault & Violence Intervention Prevention:** Offers free, accessible, & confidential support to survivors.
- **Substance Abuse Prevention & Education:** Provides intervention program, recovery coaching, & mutual aid meetings.
- **Student Care & Outreach Team:** Group of professionals dedicated to student success & wellbeing by identifying concerns, addressing concerns, & referring students to campus & community resources.
- **Student Disability Resource Center:** Ensures students with disabilities receive reasonable accommodations & provides consultation to staff & faculty.
- **Wellness Presentations & Trainings:** Available to students, faculty, & staff to encourage a healthier campus community.
- **RAVE Guardian Safety App:** Mobile app that directly connects students with university police during an emergency & provides important information instantly.