

# WELLBEING RESOURCES FOR LAW STUDENTS



MAURER  
SCHOOL  
OF LAW

## MAURER SCHOOL OF LAW

- [Leonard D. Fromm Office for Student Affairs](#) (1-on-1 advising and referrals)
- [IU Counseling and Psychological Services](#) (Maurer's Counselor-in-Residence meets with law students in Baier Hall two days per week)
- [Practice Group Advisors and Student Wellness Ambassadors](#) (upper-level students trained to serve as brokers of campus and community resources)
- [Wellness Weeks](#) (held each semester, varied programs and activities to support holistic student wellness)
- [Crafternoons](#) in the Jerome Hall Law Library
- [Wednesday Wanders](#) with faculty tour guides
- Coordinated community Service activities
- Facilities: Prayer and Meditation Room; Affinity Group Suite; Lactation Room; All-Gender Bathroom

## INDIANA UNIVERSITY

- [IU Student Mental Health Website](#) (Emergency resources, Assessments, Basic Necessities, Counseling, Diversity & Inclusion, Health Lifestyle, Substance Use, etc.)
- [IU Student Care and Resource Center](#)
- TimelyCare (24/7 free virtual services)
- [IU Disability Services for Students](#)
- [IU Cultural Centers and Office of Diversity, Equity and Multicultural Affairs](#)
- [Collegiate Recovery Community](#)
- [IU Rec Sports](#) (campus gyms and intramurals)
- [IU Veteran and Military Services](#)
- [IU Culture of Care](#) (campuswide, student-led initiative)
- [IU Food Insecurity Resources](#)
- [Center for Human Growth](#) (support for mild to moderate mental health issues)

## LEGAL COMMUNITY

- [Indiana Judges and Lawyers Assistance Program \(JLAP\)](#) Counselor meets with law students in-person in Baier Hall twice per month and any time virtually for free, confidential one-on-one appointments)
- [ABA Law Student Mental Health Essentials](#)
- [MAX by AccessLex](#) (quick lessons on financial literacy and budgeting)
- [Institute for Wellbeing in Law](#) ("strives to lead a culture shift in law to establish well-being as a core centerpiece of professional success")
- [AALS Law Student Mental Health Clearinghouse](#)
- [Mindfulness in Law Society](#) (promotes the benefits of mindfulness meditation, yoga, and other contemplative practices to the legal profession)

## 24/7 HOTLINES

### Be Well Crisis Helpline

Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains. Service is free and confidential. Call: [211](tel:211)

### Crisis Text Line

Free, 24/7 support from a trained crisis counselor. Chat: Text HOME to 741741

### CAPS Crisis Line

Call 812-855-5711 and choose option 1 for 24/7 crisis support for students.

### Suicide and Crisis Lifeline

A direct connection to specialists who are trained in suicide and crisis prevention. Call or text 988 from anywhere in Indiana 24/7.