WELLBEING RESOURCES FOR LAW STUDENTS

MAUER 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 Wanderers 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

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.