



THE S.J. QUINNEY COLLEGE OF LAW

AT THE UNIVERSITY OF UTAH

Mental Health Resources at the University of Utah College of Law

General Support

- The College of Law pays 50% of the salary for an embedded mental health therapist who is available to students half of the week. Between the University Counseling Center and our embedded therapist, students are able to receive counseling support and their first intake within two weeks.
- The **University Counseling Center** offers **quick care** appointments, individual counseling, skills workshops, mindfulness programs, and support groups.
- The new **My SSP** platform provides students with immediate and/or ongoing confidential, 24-hour support, year-round, for any school, health, or general life concern at no cost. Students can call or text a licensed counselor at any time, regardless of location.
- The **Women's Resource Center** is staffed with four licensed clinicians who can meet virtually or in person.
- At the University Counseling Center, most students request support with increasing coping skills at intake. UCC workshops may address many student's concerns or prepare them to spend more time processing with a counselor than learning skills that may be more accessible in a workshop. Examples include:
 - Taming Stress
 - Building Resilience
 - Trauma triage
 - Mindful Authentic Living
 - Mental Coaching (Neurodiverse focus)
 - Mindful Work/Life Balance

Course spotlight: Mindful Lawyering

Students build a daily practice of mindfulness in this course, taught by Utah Law Professor Cliff Rosky. The course is divided into three units, in which students learn to apply mindfulness to the personal, interpersonal, and institutional aspects of one's professional identity as a lawyer.

Crisis Support

- Students can call the University Counseling Center to talk with a crisis counselor (801) 581-6826.
- 24/7 crisis support outside of Counseling Center hours is available through **SafeUT**.
- Calling 988 directs callers in need to the National Suicide Prevention Lifeline network and Utah's integrated crisis response system. Callers from Utah will be connected to the Utah Crisis Line, staffed by certified crisis workers at the Huntsman Mental Health Institute.
- Students can call the Utah Crisis Line at 1-800-273-8255.

Fall 2022 presentations and workshops

- Legal professions class: The law embedded mental health therapist presented on reducing burnout in the workplace and choosing a career that aligns with student's personal values.
- Criminal clinic class: The law embedded mental health therapist presented on secondary and vicarious trauma and coping strategies.
- The College of Law hosted the "Building Resilience and Suicide Prevention" workshop with the College of Engineering.
- The College's Office of Student Affairs is partnering with the Health Law club and Utah Lawyers Helping Lawyers to present a mental well-being workshop before finals. The event will focus on stress-reducing strategies, self-care, campus resources, and 24/7 crisis support.