



Mental Health and Wellness Resources Benjamin N. Cardozo School of Law

CAMPUS RESOURCES

Office of Student Services and Advising (comprised of the Office of the Dean of Students, Office of Student Life, Office of Diversity and Inclusion, and Office of Academic Success)

- Academic advising
- Academic support and bar support
- Crisis management
- Medical and other leaves
- Disability accommodations requests
- Community building events
- Mental health training for student-facing offices and Legal Writing adjuncts and TAs

Yeshiva University Counseling Center (therapy and psychiatry)

Student Contemplation Room (intended for meditation, mindfulness, reflection, and/or prayer)

STUDENT ORGANIZATIONS

Student Bar Association, Disabled Law Students Association, Health Law Society, Minority Law Student Alliance, Wellness Society, and other affinity groups

RECENT PROGRAMS

- Mental Health Awareness Week – annual week of programming every October
- What Every Law Student Needs To Know About Mental Health and Substance Use – character and fitness training by the New York City Bar Association Lawyer Assistance Program (LAP)
- Mindfulness in the Law in 1L Professionalism and Legal Practice course – mindfulness exercises and discussion of why mindfulness benefits law students and lawyers
- Mindset and the Bar Exam – Student Services session on emotional preparation for the bar exam
- Combatting Imposter Syndrome in the 1L Professionalism and Legal Practice course
- Orientation: Why Mental Health Matters for Law Students (includes dimensions of wellness)
- Finding Your Why: Discussing Purpose with Founders of the Lawyers Depression Project (LDP)
- Dog Therapy (with the Student Animal Legal Defense Fund)
- Annual staff trainings (National Alliance on Mental Illness campus suicide prevention training; law student anxiety and stress discussion led by New York City Bar Association LAP)
- Clinics or externship seminar discussions on trauma-informed lawyering and vicarious trauma
- Wellness in Lawyering (What We Didn't Know But You Can) with Founders of the LDP
- AccessLex Financial Counseling/Webinars (third party vendor providing financial counseling and programs on topics including financial literacy, investing, and psychology of money)
- Collaboration with local YMCA for discounted student gym memberships