



# MENTAL HEALTH & WELLNESS RESOURCES

## DICKINSON LAW PROGRAMMING & RESOURCES

**Free Counseling:** Free counseling services are available year-round at Franco's Psychological Associates. The service is offered in an unlimited capacity.

**Mindfully Move Monday & Wellness Wednesdays:** Weekly programming hosted by the Academic & Student Services Office to support and encourage wellness. Past programs include yoga, art projects, snacks, walks, guest speakers, and more.

**Summer Wellness Programming for Bar Exam Test Takers:** Over the summer the law school offers a Supplemental Bar Preparation Program for our recent graduates. A component of that program includes regular wellness activities.

**Prayer and Meditation Room:** On the first floor, the law school maintains a prayer and meditation room for students who need a quiet place to themselves.

**World Mental Health Day:** Each October the law school celebrates World Mental Health Day with a weeklong series of programs to promote wellbeing, wellness, and self-care.

**New Student Orientation Wellness, Service, & Social Activities:** The law school organizes a series of wellness, service, and social activities during orientation for new students to feel connected to the community, each other, and faculty, staff and upper division classmates.

**Wellness Working Group:** A student, staff, and faculty composed Wellness Working Group is appointed each year to connect on the needs of our community.

**Heritage Month Celebrations:** The Academic & Student Services Office works in conjunctions with affinity-based student organizations to organize robust programming each heritage month. The programs touch on substantive issues facing the community and create spaces for belonging and connection.

## PENN STATE UNIVERSITY SERVICES

**WellTrack Boost:** An online platform available to all Penn State students as a free online platform for managing anxiety and depression.

**Online Mental Health Screenings:** Anonymous screenings on several areas of mental health, including depression, anxiety, academic distress, eating concerns, frustration level, family stress, and alcohol use.

**Crisis Support:** A phone and text line for students in crisis. Available 24/7, this service connects students to a crisis counselor.

## COMMUNITY SUPPORT

**Mobile Outreach Service:** The mobile outreach service is available 24 hours a day, 7 days a week, providing crisis intervention where the person in crisis is located. The service is for an emergency psychiatric or mental health crisis only.

**Lawyers Concerned for Lawyers:** Pennsylvania Lawyers Concerned for Lawyers (LCL) is available 24/7/365 through a confidential helpline. Law students may access their resources and support. Appointments are also available on established days for law students enrolled in PA's law schools.

**Steve Fund Text Support:** The Steve Fund is an organization that specifically focuses on the mental health of young people of color. They have a crisis text line where students of color can text to receive a live Crisis Counselor response.

**Veterans Crisis Line:** The Veterans Crisis Line provides free and confidential services to all veterans, even those not registered with the VA or enrolled in VA healthcare, 24 hours a day, 7 days a week.

**Crisis Support:** Local and national crisis support lines are promoted to our community, like the Cumberland County Crisis Intervention and the Suicide and Crisis Lifeline.