



MARYLAND CAREY LAW



www.law.umaryland.edu

WELLNESS RESOURCES

URECFit & Wellness

Recreational facilities and programming that support overall well-being.

Food Pantry

Provides students with access to nutritionally rich snacks and meals.

Student Health Center

Provides routine examinations and minor urgent care medical services for students.

FINANCIAL RESOURCES

Student Emergency Fund

Provides financial assistance to students who are experiencing a serious financial hardship due to a sudden or unforeseen event.

Student Financial Planning Coordinator

Full-time law school staff member who provides current and prospective students with information on financial aid options and protocols.

AccessLex

Third-party vendor offering free financial education and counseling for law students.

Mental Health Resources

Student Counseling Center

Offers individual, couples, and group counseling services, psychiatric and medication evaluations, medication management, consultations, and referrals.

After-Hours Crisis Support

After-hours counseling services for urgent, non-life-threatening mental health support.

Maryland State Bar Association's Lawyer Assistance Program

Provides counseling for mental health and wellness concerns such as stress, anxiety, depression, suicidal ideation, substance abuse, and more to lawyers, judges, and law school students.

Self-Help Resources

Extensive library resources that address a variety of mental health and wellness issues.

Red Folder Training

Training program for faculty and staff to help them identify common signs of student distress or crisis.

Comfort K9

The campus comfort dog is trained to provide stress relief and affection to people dealing with anxiety, depression, trauma, or mental illness.

Programming

A variety of programming including yoga, massages, decompression sessions, stress management workshops, and more.