

# **LAW STUDENT MENTAL HEALTH AND WELLNESS RESOURCES**

## **University Counseling & Psychological Services (UCAPS)**

- UCAPS offers free, collaborative, short-term, confidential, individual, and group counseling services for DePaul's students.

## **Lawyers' Assistance Program (LAP) - Law Student Depression & Stress Support**

- The Lawyer's Assistance Program's free and confidential services, including consultations, assessments, individual and group therapy, referrals and interventions, are available to all Illinois law students at no cost.
- LAP of Illinois hosts wellness workshops at DePaul throughout the academic year.

## **Health Promotion & Wellness (HPW)**

DePaul HPW provides holistic education, support and resources for individuals to establish and sustain long-term, healthy behaviors.

### **The Mindfulness Room**

The Mindfulness room is a quiet space for the College of Law community to use when anyone needs a moment to sit in quiet, meditate, pray, reflect, or otherwise have a peaceful and restorative movement away from the stress of law school. The room has pillows, weighted blankets, yoga mats, candles, a light therapy lamp, and a water fountain to aid in relaxation.

### **Wellness Programming**

The Office of Student Affairs hosts bi-weekly wellness workshops, group activities, and self-care pop-ups. These workshops focus on stress management, self-care, alcohol and substance abuse, mindfulness and more.

## **Student Lounges**

There are two student lounges on the 2nd and 7th floors of the Lewis Center where students can study, relax, or catch up with friends. The 2nd floor lounge has a game room stocked with board games, air hockey and a fooseball table.

## **The Student Bar Association Mental Health Committee**

The SBA Mental Health Committee aims to make mental health resources and support accessible to all law students. The committee plans a Mental Health Week occurs every semester.

## **COL Career Services Lending Closet**

The new Career Closet from Career Services is open to all College of Law students needing interview wear.

## **Financial Resources:**

**AccessLex MAX**- A comprehensive, innovative, and effective financial education program created expressly for Law students.

**Vincentian Assistance Fund**- Emergency financial support for DePaul students, faculty, and staff.

**Law Student Emergency Fund**- The Law Student Emergency Fund was established to provide short-term, emergency financial support to College of Law students.

**Student Health Insurance**- DePaul offers all degree-seeking undergraduate and graduate students access to a comprehensive and competitive health insurance plan.

## **Additional Resources**

- **Take Care DePaul**
- **Community Conversations**
- **Alcohol & Substance Misuse Prevention & Support**
- **DePaul Center for Students with Disabilities (CSD)**
- **HPW's Health Equity and Inclusion**
- **The Career Closet and Basic Needs Hub**
- **The Loop Fitness Center and Studio**
- **The Division of Mission & Ministry**
- **Idea Realization Lab**