

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.
- **Law Student Support Group:** DePaul Law students who are seeking a safe and supportive space to process their law school experiences and to provide and receive support are invited to a new group processing experience that will focus on development of adaptive skills for stress management, self-care and other law school related concerns.

Lawyers' Assistance Program (LAP)- Law Students 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 and 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 foosball 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 Support:

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.

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**
- **AMITA Sage Medical Group (AMITA)**
- **The Rosalie Rendu Student Pantry**
- **Mother Seton Food Pantry**
- **The Career Closet and Basic Needs Hub**
- **The Loop Fitness Center and Studio**
- **The Division of Mission & Ministry**