

Mental Health and Wellness

SOUTHWESTERN LAW SCHOOL

L O S A N G E L E S



Southwestern provides an environment fostering academic excellence and personal success. An important aspect of that mission is our concern for the physical and mental well-being of our students. Available resources for students include affordable health insurance, on-campus counseling services, health and wellness programs and events, and a fitness center.

Dean of Students and Diversity Affairs Office

The Dean of Students and Diversity Affairs Office is available to discuss any life events that may affect your academic performance or class schedule. You may set up an appointment to meet with an academic counselor by calling (213) 738-6701 or by emailing deanofstudents@swlaw.edu.

Health Insurance

Southwestern requires that all students have basic health insurance coverage. Southwestern provides affordable health insurance through United HealthCare Student Resources. For more information about the PPO plan visit the Student Health Insurance Portal Page at <https://swlawportal.swlaw.edu/studentlife/StuHealthInsInfo/Pages/default.aspx> or contact studentaffairs@swlaw.edu.

On-Campus Psychological Counselor

Free and confidential counseling is provided on campus by a licensed psychotherapist. Enrolled students may receive up to three sessions per semester. Referral services are also available upon request. For information on how to schedule an appointment, visit <https://swlawportal.swlaw.edu/studentlife/mentalhealth>.

HelpNet

Southwestern provides students with the counseling services of HelpNet, a private consulting firm that can refer students to counseling services and community resources for problems involving relationships, academic stress, family, financial and legal circumstances, substance abuse, and other concerns. Students are entitled to two free counseling sessions each year (July 1 through June 30). Brochures can be found in the Dean of Students and Diversity Affairs Office.



“Having a wellness program, especially in law school is critical in improving mental health. Going to Mindfulness Mondays helped alleviate stress and encouraged me to take control of my mental health. There was a variety of programs to meet the individual needs of students.”

– Mary Oushana '16



Peak Performance Program

Southwestern’s Mindfulness, Stress Management, and Peak Performance 1L Program is an innovative science-based initiative receiving national attention. It is designed to help incoming students achieve law school success by overcoming performance obstacles, promoting greater cognitive performance, and increasing overall happiness. Students learn tangible tools, techniques, and skills that allow them to optimize their law school performance by enhancing seven elements of peak performance: attention, beliefs, emotions, body, energy, purpose, and communication. The Co-Directors of the program are Professor Jarrett Green and Professor Rebecca A. Simon. For more information, to view the program brochure, or the course sessions, visit: www.swlaw.edu/mindfulness.

Wellness Week

During the Fall Semester, the Student Affairs Office and the SBA coordinate a week-long event of stress-management and health education programs. This includes fitness activities, relaxation therapy, health insurance information, mental health education, flu shots, and more.

The Mindfulness In Law Society SBA Club

The national Mindfulness in Law Society (MILS) seeks to improve the mental health and well-being of law students across the nation through mindful practice. Information about the national community can be found at: www.mindfulnessinlawsociety.com. The Southwestern MILS Student Board is a group of contemplative students who help support and foster mindfulness and wellness practices for all in the community. For more information on how to join the Southwestern’s MILS Student Board contact their Faculty Advisor, Professor Simon, at rsimon@swlaw.edu.



Fitness Center

Southwestern's Fitness Center is a fully accessible facility with a complete range of exercise equipment including treadmills, recumbent bicycles, upright bicycles, elliptical cross trainers, weight-circuit equipment, and free weights. Membership may be obtained by completing the Fitness Center Form (waiver and release, membership, and rules and regulations agreement forms) in the Fitness Center or Administrative Services Office in W100.

Mindfulness Mondays

Mindfulness is the ability to be in the present moment fully, intentionally, and non-judgmentally. Practicing mindfulness cultivates many skills and mental qualities that can be helpful to those in the legal profession, including the ability to focus and concentrate, recognize and let go of distractions, and accept oneself and others openly and compassionately. The mindfulness sessions at Southwestern provide instruction on how to utilize mindfulness to increase mental focus, decrease stress, overcome exam anxiety, and promote greater overall well-being. Join the growing community of Southwestern students who are learning to conquer stress and excel under pressure. Current students can sign up on TWEN by adding "Mindfulness Monday" to their list (to view the full calendar of offerings).

Yoga: The Dreamer Child Yoga with Adam Stern

Community Soul Flow: A vehicle for catharsis and mitigating stress; cultivating strength, inner-awareness, counterbalancing abilities, and experiencing community. Monthly yoga sessions are held in the Fitness Center. All levels welcome.

"Participating in Mindfulness Mondays on campus helps me stay calm and focused no matter how stressful the situation. I hope others will take advantage of this resource."

– Ryan Bondy '18
Full-Time Day Program

Helpful Phone Numbers

HelpNet:	1-800-443-5766 or 1-800-531-0200
Suicide Prevention Hotline:	1-800-273-8255
Domestic Violence Hotline:	1-800-799-7233
Sexual Assault Hotline:	1-800-656-4673
Drug & Alcohol Treatment Hotline:	1-800-662-4357
Eating Disorders Center:	1-888-236-1188
Poison Control:	1-800-222-1222





“Southwestern offers a variety of mental health and wellness resources for our students. We believe that their emotional and physical well-being are essential to their success not only as future lawyers, but also as individuals.”



– Charlyne Yue
Associate Director of Student Affairs



Academic Success and Bar Preparation

 **(213) 738-6813**
 **academicsuccess@swlaw.edu**

Dean of Students and Diversity Affairs

 **(213) 738-6871**
 **deanofstudents@swlaw.edu**

Student Affairs Office

 **(213) 738-6716**
 **studentaffairs@swlaw.edu**



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3050 Wilshire Boulevard • Los Angeles, CA 90010-1106

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