

SOUTHWESTERN LAW SCHOOL

L O S A N G E L E S



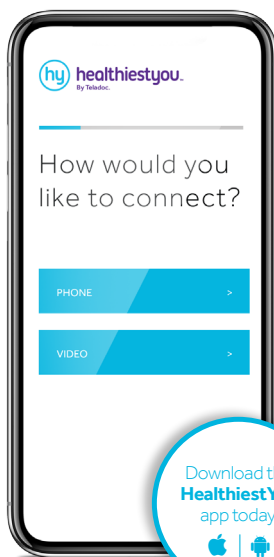
MENTAL HEALTH AND WELLNESS

UP TO
3 FREE
COUNSELING
SESSIONS
EACH SEMESTER WITH
DR. DARIA SPINO

30+
STUDENT ORGANIZATIONS LIKE
THE MINDFULNESS IN
LAW SOCIETY

#BisonStrong
SERIES OF EVENTS AND ACTIVITIES
TO SUPPORT THE WELL-BEING OF THE
SWLAW COMMUNITY

GENERAL MEDICAL & MENTAL HEALTH SERVICES AVAILABLE



HealthiestYou allows students to talk to a doctor, therapist, and/or psychiatrist by phone or video. Services are free for students covered under the UnitedHealthcare StudentResources insurance plan. Services are available for all other students for a fee. For more information visit swlaw.edu/HealthiestYou.





COUNSELING SESSIONS

Free and confidential counseling is provided virtually 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>.

DEAN OF STUDENTS AND DIVERSITY AFFAIRS OFFICE (DOSDA)

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.

GOOD BRAIN PROGRAM

Law is a high-intensity, high-demand profession which begins in law school. The right mindset and tools can help you navigate law school successfully. The Good Brain Program is a series of personal and professional development workshops featuring a wide range of guest speakers to equip law students with the skills, tools, and resources to thrive in law school and beyond. For more information contact academicsuccess@swlaw.edu.

HEALTH INSURANCE

Southwestern requires that all students have basic health insurance coverage. Southwestern provides affordable health insurance through UnitedHealthcare StudentResources. For more information about the PPO plan visit the Student Health Insurance portal at swlaw.edu/Health2020.

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).

MINDFULNESS IN LAW SOCIETY (STUDENT ORGANIZATION)

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. 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 about Southwestern's MILS chapter, visit their canvas page at swlaw.edu/MILS.

SOOTHING TUNES

Soothing and relaxing music can help you study peacefully and avoid distractions. The library has compiled a variety resources for studying at <https://libraryguides.swlaw.edu/covid>.

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, and law school mental health day programming.



DOSDA, STUDENT AFFAIRS, AND ACADEMIC SUCCESS & BAR PREPARATION

(213) 738-6716

studentaffairs@swlaw.edu

 www.swlaw.edu/student-life

Southwestern Law School does not discriminate based on race, color, national origin, sex, sexual orientation, gender (including identity and expression), disability, age, or any other basis prohibited by applicable law in its programs and activities. Please direct all inquiries regarding Southwestern's non-discrimination policies to: Diversity Affairs 3050 Wilshire Boulevard Los Angeles, CA 90010 / (213) 738-6872

HELPFUL NUMBERS

HelpNet:	1-800-443-5766
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