

Baylor Law.

ADMISSIONS & FINANCIAL AID

Health and Wellness Resources

Baylor Law believes that health and wellness are vital for students' success in law school and beyond. You will learn more about health and wellness opportunities during Orientation. See below for some of the resources that will be provided to you as a Baylor Law student.

Baylor Counseling Center

As a Baylor student, you have access to the Counseling Center's (www.baylor.edu/counseling_center) services. The Counseling Services strives to facilitate the educational experience and total development of students by enhancing mental health and well-being. It provides:

- Individual, couples, and group counseling;
- Crisis intervention for each student experiencing a psychological crisis or emergency;
- Psychiatric services (available through the Baylor Health Center/a fee may be involved);
- Medical nutrition therapy by a licensed and registered dietitian;
- Outreach and prevention programs for students;
- Consultation services for faculty, staff, families, and friends of student; and
- Many online resources.

Baylor Health Services

As a Baylor student, you have access to the Baylor Health Services (www.baylor.edu/healthservices) on the main campus in the Student Life Center.

Baylor Students of Concern

When a student exhibits behaviors of concern and could potentially be a risk to self and others, the Case Manager for Student Life and others on the Students of Concern Committee coordinates a proactive effort to prevent and/or manage the situation. Visit https://www.baylor.edu/counseling_center/index.php?id=936747 to learn more about Baylor Students of Concern.

Gym Options

There is no fee to join the Baylor student gym (the McLane Student Life Center), but we have provided (in this packet) an extensive list of local gyms.

Law Lifeline

LawLifeline is full of information tailored to a law school student's emotional health needs. Visit <http://www.lawlifeline.org/baylorlaw/> for more information.

Legal Professionals Program at Hazelden

The Legal Professionals Program at Hazelden is one of the world's largest and most respected private-not-for-profit alcohol and drug addiction treatment centers. Their specialized program is now two years old and has already provided treatment to more than 200 legal professionals. For more information visit <https://www.hazeldenbettyford.org/treatment/models/specialized-programs/legal-professionals>.

Private Counseling Services

Some private counselors familiar with the unique pressures of law school are available at <https://www.baylor.edu/law/doc.php/208900.pdf>. Please contact Dean Teague or Dean Rispoli for additional information.

Student Wellness Organization

The Student Wellness Organization exists to raise awareness about the mental health and well-being of law students; furthermore, the Organization promotes healthy ways for students to cope with the stressors of law school by fostering a dialogue between faculty, students and the lawyer community.

TAO-Self Help

Baylor University Counseling Center's TAO self-help is a completely private online library of behavioral health resources that includes interactive educational modules and practice tools to help you understand and manage how you feel, think and act. You can learn stress management, mindfulness skills, problem-solving, relationship skills and strategies to avoid dwelling on your concerns and to develop more helpful thinking patterns. TAO self-help provides a platform to assist you to bounce back from life's disappointments and frustrations. Visit <https://www.baylor.edu/law/currentstudents/doc.php/296078.pdf> for more information.

TLAP Support for Law Students

The workload of law school can cause a great amount of stress for students. Are you, or do you know of a friend or associate who may be suffering from depression? The Texas Lawyers Assistance Program (TLAP) (<https://www.tlaphelps.org/law-students>) offers confidential services to help you during this challenging time.