

## MENTAL HEALTH AND WELLNESS RESOURCES

### UB School of Law

- [Office of Student Affairs \(OSA\)](#): Student support and wellness, advising, referrals for UB Student Services, such as counseling and accommodations, and emergencies.
  - [Peer-to-Peer Advocate Program](#): Provide acceptance, support, encouragement, and guidance to promote healthy development and student success.
- [Office of Diversity, Equity, and Inclusion](#): Promote diversity, equity, inclusion, belonging and cultural competency.
- [Counseling at the Law School](#): In-house counselor – Thomas J. Neill, an experienced licensed clinical social worker in O’Brian Hall as a front-line resource for students.
- [Student Wellness Society](#): Address and conquer issues related to mental health and well-being by engaging in discussions and events focused on work-life balance.

### Law School Programming

- [Regular Programming](#)
  - Recreational Walks: OSA hosts regular campus walks – Rain or Shine!
  - Yoga: All levels are welcome and mats are provided
  - Guided meditations
  - Weekly Coffee Hour with OSA
- [Weekly Mental Health and Wellness Workshops](#)
  - Coping Skills Toolbox
  - Managing Test & Classroom Anxiety
  - Stress Management
  - Self Care Plans & Self-Compassion
  - Perfectionism & Imposter Syndrome
  - Supporting Classmates with Mental Health Concerns
- [Semester Programming](#)
  - Welcome Back Luncheon
  - AccessLex: Financial Wellness
  - Creating Community through Art
  - Poetry & Book Exchange
  - Career Well-Being
- [Wellness Week](#)
  - Ther-a-pups
  - Stress Relief Give-a-ways
  - Yoga, Meditation, & Walks
  - Coffee, Tea, & Hot Chocolate provided
  - Warm and Fuzzy Board

### UB Programming

- [UB Counseling](#): 120 Richmond Quadrangle
- [Health Promotions](#): Healthy eating, stress, alcohol/drugs, & violence prevention.
  - [Yoga & Meditation](#), [Chill Out](#), [Snacking Tuesdays](#), & [Nutrition Counseling](#)
  - [UB Events Calendar](#)
  - [Student Wellness Events Calendar](#)
  - [Wellness Coaching](#)
- [Intercultural and Diversity Center \(IDC\)](#): Celebrate the beauty of all cultures & identities, educate & advocate for social justice within & beyond UB.
- [Food Support](#)
- [Health Services](#)

### External

- [Lawyer Assistance Program](#): Education & confidential assistance to those affected by substance abuse, stress, depression or other mental health issues.
- [Lawyers Helping Lawyers Committee](#): Confidential channel of communication for those experiencing alcohol or drug-related difficulties.
- [Lawyers with Depression Group](#): Confidential support group for those struggling with depression.
- [AccessLex](#): Third-party vendor that provides students with financial counseling.