

Mental Health & Wellness for UB Law Students



A psychoeducational workshop series for UB Law students addressing mental health and wellness concerns. Feel free to bring your lunch since all workshops take place at noon.

Wednesdays, Noon to 12:45 p.m.
505 O'Brian Conference Room

March 6	Coping Skills Toolbox	Come learn some “greatest hits” tips and techniques to deal with stress, anxiety, and strong emotions.
March 13	Self Care Plans	Come to this workshop to learn how to assess your self-care and build a plan to nurture yourself.
March 27	Perfection & Imposter Syndrome	These insidious ways of thinking are painful, often creating more depression, anxiety and stress. Let’s define them and discuss solutions.
April 10	Supporting Classmates With Mental Health Concerns	Many students experience shame and stigma about being transparent with mental health issues in an academic setting. Learn about leading with compassion, decreasing stigma and resources that can help.
April 24	Coping with Endings	Are you graduating this semester or experiencing an ending of a different kind? We will cover typical reactions, ways to cope and heal after a transition.

Please direct any questions to Thom Neill, LCSW tjneill@buffalo.edu

Presented by

