

# 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.**  
706 O'Brian

March 15	Coping Skills Toolbox	Come learn some “greatest hits” tips and techniques to deal with stress, anxiety, and strong emotions.
March 29	Self Care Plans	Come to this workshop to learn how to assess your self-care and build a plan to nurture yourself.
April 5	Self-Compassion	We will process ways to be gentler with ourselves and make more room for our needs with non-judgment.
April 12	Perfectionism & Imposter Syndrome	These insidious ways of thinking are painful, often creating more depression, anxiety and stress. Let’s define them and discuss solutions.
April 19	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 26	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.

*In order to create a safe space where participants can share freely, all sessions are for UB Law Students only. Please direct any questions to Thom Neill, LCSW [tjneill@buffalo.edu](mailto:tjneill@buffalo.edu)*

Presented by