

SOUTHWESTERN LAW SCHOOL

L O S A N G E L E S



MENTAL HEALTH AND WELLNESS

UP TO
3 FREE ON-CAMPUS
COUNSELING SESSIONS
EACH SEMESTER



10,000
SQUARE-FOOT
FITNESS CENTER

“

Southwestern offers a variety of mental health and wellness resources for our students. We believe that their emotional and physical well-being are essential to their success not only as future lawyers, but also as individuals.”

CHARLYNE YUE

Associate Director of Student Affairs



30+

STUDENT ORGANIZATIONS INCLUDING
THE MINDFULNESS IN
LAW SOCIETY





MENTAL HEALTH DAY CARNIVAL



FITNESS CENTER



THERAPY DOGS



BASKETBALL TOURNAMENTS

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, flu shots, and more.

ON-CAMPUS PSYCHOLOGICAL COUNSELOR

Free and confidential counseling is provided on campus 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

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.

FITNESS CENTER

Southwestern's Fitness Center is a fully accessible facility with a complete range of exercise equipment including treadmills, recumbent bicycles, upright bicycles, elliptical cross trainers, weight-circuit equipment, and free weights. Membership may be obtained by completing the Fitness Center Form (waiver and release, membership, and rules and regulations agreement forms) in the Fitness Center or Administrative Services Office in W100.

THE MINDFULNESS IN LAW SOCIETY SBA CLUB

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. Information about the national community can be found at: www.mindfulnessinlawsociety.com. 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 on how to join the Southwestern's MILS Student Board add the TWEN page: Mindfulness in Law Society - Southwestern Law School Chapter.

HEALTH INSURANCE

Southwestern requires that all students have basic health insurance coverage. Southwestern provides affordable health insurance through United HealthCare Student Resources. For more information about the PPO plan visit the Student Health Insurance Portal Page at <http://bit.ly/SWLAWHealthInsurance> or contact studentaffairs@swlaw.edu.

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). Brochures can be found in the Dean of Students and Diversity Affairs Office.



STUDENT AFFAIRS OFFICE

(213) 738-6716
studentaffairs@swlaw.edu



www.swlaw.edu/student-life

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