

# Wellness and Well-Being Resource Sheet for Law School Faculty, Staff and Administrators

## **Mental Health and Counseling**

- *School-Provided Resources:*
  - Website: \_\_\_\_\_
  - Phone Number: \_\_\_\_\_
  - Email Address: \_\_\_\_\_
  
- *Lawyers Concerned for Lawyers of Massachusetts* – Provides free and confidential mental health, addiction and recovery, career and practice management support and resources, as well as law student support groups.
  - Website: <http://lclma.org>
  - Phone Number: 617-482-9600
  - Helpline: 1-800-525-0210
  - Email: [email@lclma.org](mailto:email@lclma.org)
  
- *Local Hospitals:*
  
  
  
  
  
  
  
  
  
  
- *NAMI Massachusetts* – Provides information and resources to help people diagnosed with mental health conditions and their families, including education trainings, peer support groups, and resources to navigate the mental health system and related systems of care (called Compass).
  - Website: <https://namimass.org>
  - Phone Number: 617-580-8541
  - Compass Helpline: 1-800-370-9085
  - Email: [info@namimass.org](mailto:info@namimass.org)
  
- *National Suicide Prevention Lifeline* – Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
  - Helpline: 1-800-273-8255
  
- *SafeLink Massachusetts* – Statewide toll-free domestic violence hotline.
  - Helpline: 1-877-785-2020

- *Samaritans of Boston* – Provides 24/7 crisis services via call and text; grief support services; and community education and outreach.
  - Website: <https://samaritanshope.org>
  - Helpline: (877) 870-4673 (call or text)
  - Email: [info@samaritanshope.org](mailto:info@samaritanshope.org)

### **Student Support Services**

- If students have questions about issues relating to accessibility, academic support (including accommodations), Title IX, or personal/medical emergencies, refer them to the Dean of Students' office.
  - Website: \_\_\_\_\_
  - Phone Number: \_\_\_\_\_
  - Email Address: \_\_\_\_\_
- If students believe they have experienced or witnessed instances of bias/discrimination, or microaggressions relating to any aspect of their or another student's identity, refer them to the
  - Website: \_\_\_\_\_
  - Phone Number: \_\_\_\_\_
  - Email Address: \_\_\_\_\_

### **Well-Being & Stress Management**

- *Massachusetts Supreme Judicial Court Standing Committee on Lawyer Well-Being* – Provides various resources, training, and programming, and develops various initiatives to support law student and lawyer well-being in MA. Does not provide direct counseling services.
  - Website: <http://lawyerwellbeingma.org>. Sign up on this page for regular updates.
  - Phone Number: 617-865-5777
  - Email: [Heidi@lawyerwellbeingma.org](mailto:Heidi@lawyerwellbeingma.org)