

# Baylor Law.

ADMISSIONS & FINANCIAL AID

## Health and Wellness Resources

Baylor Law believes that health and wellness are vital for students' success in law school and beyond. You will learn more about health and wellness opportunities during Orientation. See below for some of the resources that will be provided to you as a Baylor Law student.

### **Baylor Counseling Center**

As a Baylor student, you have access to the Counseling Center's ([www.baylor.edu/counseling\\_center](http://www.baylor.edu/counseling_center)) services. The Counseling Center strives to facilitate the educational experience and total development of students by enhancing mental health and well-being. It provides:

- Individual, couples, and group counseling;
- Crisis intervention for each student experiencing a psychological crisis or emergency;
- Psychiatric services (available through the Baylor Health Center/a fee may be involved);
- Medical nutrition therapy by a licensed and registered dietitian;
- Outreach and prevention programs for students;
- Consultation services for faculty, staff, families, and friends of students;
- Academic Live Care; and
- Many online resources.

### **Baylor Health Services**

As a Baylor student, you have access to the Baylor Health Services ([www.baylor.edu/healthservices](http://www.baylor.edu/healthservices)) on the main campus in the Student Life Center.

### **Baylor Students of Concern**

When a student exhibits behaviors of concern and could potentially be a risk to self and others, the Case Manager for Student Life and others on the Students of Concern Committee coordinate a proactive effort to prevent and/or manage the situation. Visit [https://www.baylor.edu/counseling\\_center/index.php?id=936747](https://www.baylor.edu/counseling_center/index.php?id=936747) to learn more about Baylor Students of Concern.

### **Gym Options**

There is no fee to join the Baylor student gym (the McLane Student Life Center), but we have provided (in this packet) an extensive list of local gyms.

### **Legal Professionals Program at Hazelden**

The Legal Professionals Program at Hazelden is one of the world's largest and most respected private-not-for-profit alcohol and drug addiction treatment centers. Their specialized program is now two years old and has already provided treatment to more than 200 legal professionals. For more information visit <https://www.hazeldenbettyford.org/treatment/models/specialized-programs/legal-professionals>.

### **Private Counseling Services**

Some private counselors familiar with the unique pressures of law school are available at <https://www.baylor.edu/law/doc.php/208900.pdf>. Please contact Dean Wilson or Director Sims for additional information.

### **Student Wellness Organization**

The Student Wellness Organization exists to raise awareness about the mental health and well-being of law students; furthermore, the organization promotes healthy ways for students to cope with the stresses of law school by fostering a dialogue between faculty, students and the legal community.

### **TLAP Support for Law Students**

The workload of law school can cause a great amount of stress for students. Are you, or do you know of a friend or associate who may be suffering from depression? The Texas Lawyers Assistance Program (TLAP) (<https://www.tlaphelps.org/law-students>) offers confidential services to help you during this challenging time.