# Mental Health & Wellness Month

The American Bar Association encourages law schools to sponsor events in March to foster wellness and to educate law students about the high incidence of mental health concerns and substance abuse among law students and within the legal profession as a whole. As you will see below, we have a number of educational events, fitness opportunities, mindfulness gatherings, social events and educational resources for you to explore this month.

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<th>Monday</th>
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<td>12 pm: The Constitutional Right to Health: Current Evidence and Debates with Matthew Kavanagh and Natalia Pires; Room 121</td>
<td>2-4 pm: De-stress with Jozy, YLS’s Therapy Dog and his person, CDO’s Tina Severson in the Library. Sponsored by the Library and CDO.</td>
<td>4:10 pm: Professor Ayres leads the Learned Feet Running Club Meet at the Grove Street Entrance</td>
<td>6 pm: Movie Night @ YLS hosted by the Lillian Goldman Law Library &amp; the Graduate Programs Office. Que Horas, Els Voltz? Will be shown in Room 128. Pizza served.</td>
<td>5 pm: Initiative Happy Hour</td>
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<td>12:15 pm: Yale Community Drop-In Silent Meditation for Yale faculty, staff and students. No experience necessary; Room 108</td>
<td>6 pm: Dinner &amp; Dialogue – a discussion of Diversity &amp; Inclusion at YLS. Three discussions led by members of ACS, FedSoc, MLSA, NLG, and Outlaws. Rooms will be randomly assigned. Dinner Served. RSVP.</td>
<td>Visit Wellness Stations in the Library throughout the month.</td>
<td>Visit Student Wellness at Yale <a href="http://wellness.yale.edu/">http://wellness.yale.edu/</a> Whether you are looking to find clinical resources, boost your overall well-being, learn stress management skills, or find a community to engage with, use this site to navigate the services and opportunities throughout the Yale and New Haven to help you stay healthy or find help when you need it.</td>
<td>Take an On-Line Mental Health Screening <a href="screening.mentalhealthscreening.org/YALE">screening.mentalhealthscreening.org/YALE</a></td>
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<td>1 pm: Presentations of YLS Student Papers Covering Mental Health &amp; Wellness Topics. Panelists include Kai Fees ’18, Mariza Medine ’17, Thomas Scott-Railton ’18 and Sophia Wang ’17; Lunch Served. Room 127. RSVP.</td>
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<td>12 pm: Learning to Cope with Vicarious Trauma; Self-care for Lawyers with Madelon Baranoski, PhD; Professor, Law and Psychiatry Division, Yale School of Medicine. Room 129. Lunch served. RSVP.</td>
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<td>12 pm: Mental Health Challenges in Law School with Prof. Yair Listokin and Conor Dwyer-Reynolds ’17. Lunch Served. Room 120. RSVP.</td>
<td>12 pm: Keep your spirits up — Sustaining yourself through Law School. Faculty Lounge. Lunch Served. RSVP.</td>
<td>12 pm: Nutrition with Becky Purcell, MS, RD, CDN, Dietitian/Health Educator at Yale Health. Lunch served. Room 128. RSVP.</td>
<td>1 pm: Stress Management with Tracey George MPH. Lunch Served. Room 121. RSVP.</td>
<td>Check out tips on nutrition, stress management, and exercise at Being Well at Yale <a href="http://beingwell.yale.edu/">http://beingwell.yale.edu/</a></td>
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<td>12-2 pm: De-stress with Jozy the Therapy Dog Sponsored by the Library and CDO</td>
<td>4:10 pm: Professor Ayres leads the Learned Feet Running Club Meet at the Grove Street Entrance.</td>
<td>3:10 pm: Introduction to the Myers-Briggs Type Indicator (MBTI) for Career Exploration and more. Room 122. RSVP on CMS. Sponsored by CDO.</td>
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<td>12:15 pm: Yale Community Drop-In Silent Meditation for Yale faculty, staff and students. No sign-up required; Room 108.</td>
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<td>3:30 pm: Bikram Yoga at True Bikram Yoga 59 Elm Street. RSVP.</td>
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12:15 pm: Yale Community Drop-In Silent Meditation for Yale faculty, staff and students. No sign-up required; Room 108

12-1:30 pm: Bystander Intervention Training; Lunch served. Room 122. RSVP.

Take an On-Line Mental Health Screening screening.mentalhealth.org/YALE

4:30 pm: CrossFit with Prof. Ayres at CrossFit Science Park. RSVP.

6:30 pm: Clarity & Community. Join a student led discussion of our personal values and how to integrate them into our professional lives & YLS relationships. Dinner served. Room 109. RSVP.

7 pm: Field Fund Concert - Come join us for an evening of musical performances by YLS students. Concert made possible by the Joseph M. Field Fund at YLS. Derald H. Ruttenberg Dining Hall.

2-4 pm: De-stress with Jozy the Therapy Dog Sponsored by the Library and CDO.

12 pm: A Discussion of Mental Health Issues affecting Law Students and Lawyers - Lunch served. Room 129. RSVP.

12:10 pm: Meditation led by Sue Neufeld; Special intro to meditation for newcomers. Room 113.

7 pm: Field Fund Concert - Come join us for an evening of musical performances by YLS students. Concert made possible by the Joseph M. Field Fund at YLS. Derald H. Ruttenberg Dining Hall.

12pm: Professor Jean Koh Peters “Surviving and Thriving in Law School—feeding your vocation” Lunch served. Room 127. RSVP.

1:10pm: Introduction to the Myers-Briggs Type Indicator (MBTI) Type & Communication. You must attend the Part 1 session in order to attend Part 2. Room 129. RSVP on CMS.

2:30 pm: Tour of sacred spaces on campus. The tour will depart from the 127 Wall entrance and be led by a staff member from the Yale Chaplain’s Office.

5pm: Happy Hour. Derald H. Ruttenberg Dining Hall.

YLS RESOURCES
Office of Student Affairs
www.law.yale.edu/student-life/student-services/about-office-student-affairs

Mental Health Alliance
mha@yale.edu

Peer Advocates
ylspeeradvocates@yale.edu

Yale Mental Health & Counseling
yalehealth.yale.edu/mentalhealth

Yale Chaplains
chaplain.yale.edu

Student Wellness at Yale
wellness.yale.edu

Payne Whitney Gym
sportsandrecreation.yale.edu/payne-whitney-gym/payne-whitney-gym-membership-information

Office of LGBTQ Resources
http://lgbtq.yale.edu/

Sexual Harassment and Assault Response & Education Center (SHARE)
sharecenter.yale.edu

Yale Psychology Department Clinic
psychology.yale.edu/research/clinical-psychology/ypdc

Yale Stress Center
psychiatry.yale.edu/stresscenter

LEGAL PROFESSION RESOURCES
Lawyers Concerned for Lawyers (CT’s lawyers assistance program)
lclf.org

ABA Mental Health Initiative
abaforlawstudents.com/events/initiatives-and-awards/mental-health-resources/

ABA Commission on Lawyer Assistance Programs
americanbar.org/groups/lawyer_assistance