



MITCHELL HAMLINE SCHOOL OF LAW

Wellness Guide and Resources

Mental Health Resources

- **Counseling Services:** Mitchell Hamline has **five independent counselors** operating remotely via telehealth. Appointments are available free of charge to students, and there is no predetermined limit on sessions. Counseling Services is designed to provide short-term counseling. If longer term support is needed, the counselor will work with the student to identify support in their area. Students can schedule an appointment by clicking the make an appointment button on the [counseling website](#). If the counseling times offered are not workable, email counseling@mitchellhamline.edu for possible alternatives. For students located outside of Minnesota, please consult our [Out-of-State webpage](#) to see which counselor to choose for support.
- **Lawyers Concerned for Lawyers (LCL):** Confidential assistance is available 24/7 from Lawyers Concerned for Lawyers. You can speak to a counselor at any time at 651-646-5590. You can also call LCL's counseling providers at Sand Creek directly 24 hours a day at 651-430-3383 or Toll-free: 1-888-243-5744. Mention that you are calling for LCL. LCL serves lawyers, judges, and law students and their immediate families. Students are eligible for up to four free sessions, per issue.

Student Support and Advising Resources

- **Academic Advising**—academicaffairs@mitchellhamline.edu
- **Academic Excellence**—[tutoring](#), [integrated bar prep course](#), [bar exam resources](#), [writing center](#), [skills workshops](#)
- **Career and Professional Development**
- **Dean of Students**—the Dean is available to meet with students to discuss any issues that may impact their education. Email lynn.lemoine@mitchellhamline.edu
- **Disability Services**
- **Student Services**

Financial Resources

- **Financial Aid**
- **VA Education Benefits and Yellow Ribbon Program**
- **Student Emergency Fund**
- Emergency Loan Advances
- Book Advances
- Food Pantry (coming in 2024-2025)

Well-being in the Curriculum

- **Legal Methods** (1L required course)
- **Foundations of Practice** (required course)
- **Professional Responsibility** (required course)
- **Trauma Responsive Legal Advocacy**
- **Resilient Practice for Clinic Students**

Spaces for Support

- **119** | **Dean of Students, Academic Advising, Student Services, Disability Services**
- **121** | **Office of Culture and Inclusion**—student gathering and study spaces
- **128** | **Student Chambers and Hachey Commons**—foosball, cable TV, games, fridges, microwaves, gathering space, vending, coffee, on-the-go meals, and snacks for purchase.
- **131** | **Student Leadership Office**—Student Bar Association Offices
- **153** | **Prayer and Reflection Room**—Foot washing station, quiet reflection space
- **157 and 202** | **Lactation Rooms**—Private rooms with comfortable seating and refrigerators.
- **159** | **Wellness Center**—massage chairs, yoga mats, therapy lights, puzzles, nap mat, sensory items, meditation cushions, soundproof spaces to attend telehealth counseling sessions.
- **Warren Burger Library**—treadmill desks on first floor, online [wellness guide](#)

Activities

- **Wellness activities**—yoga, mindfulness, snack breaks, dance breaks
- **Therapy dogs on campus**
- **Reimbursement for student subscription to the Headspace App**
- **Visits from Lawyers Concerned for Lawyers and the Board of Bar Examiners**
- **Student Organization events**
- **Campus Connect**—Pre-1L synchronous and asynchronous programming.
- **JumpStart**—Live, synchronous pre-1L community building and support for incoming students.
- **Weekly Canvas Announcements**—updates on information critical to student success, weekly wellness tips.
- **Monthly Wellness Newsletter**—Monthly article or reflection piece, podcast or app reviews, wellness activities, recipes or recommendations, and gratitude shoutouts.
- **Wellness Module in Canvas**—provides links to wellbeing resources inside of classes.
- **Mental Health First Aid Training**—available for students, faculty, and staff

Community Support

- [Student Bar Association](#)
- [Student Organizations](#)
- [Affinity Organizations](#)
 - [American Civil Liberties Union \(ACLU\) Student Chapter](#)
 - [Asian Pacific American Law Students Association](#)
 - [Black Law Students Association](#)
 - [Christian Legal Society](#)
 - [Jewish Law Students Association](#)
 - [Latine Law Student Association](#)
 - [Legal Association of Women Students](#)
 - [Muslim Law Student Association](#)
 - [Native American Law Student Association](#)
 - [Out!Law](#)
 - [Parents and Caregivers Attending Law School](#)
 - [Mitchell Hamline Student Veterans Association](#)
- **Starfish**—each student has online access to their team of support personnel across various departments: a group of faculty and staff who are assigned to provide and coordinate support for students.
- **Wellness Committee**—students, faculty, staff, and administration committed to advancing the wellbeing of all students.
- [Legal Methods Student Leaders](#) for all 1Ls
- **Faculty and Staff**—here to support students' professional and personal development.



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