

## HEALTH AND WELLNESS RESOURCES FOR SLU LAW STUDENTS

### Student Support Services

SLU LAW Student Services Office (Room 1008)

Dean of Students Jon Baris - [jon.baris@slu.edu](mailto:jon.baris@slu.edu), 314-977-3675

Asst. Dean of Students Shannon Morse - [shannon.morse@slu.edu](mailto:shannon.morse@slu.edu), 314-977-2728

Accessibility and Wellness Coordinator Heather Stout – [heather.stout@slu.edu](mailto:heather.stout@slu.edu), 314-977-3309  
- Disability Resource Center, Health and Wellness Resources

Asst. Director of Financial Services Jessica Seavers - [jessica.seavers@slu.edu](mailto:jessica.seavers@slu.edu), 314-977-3369

SLU LAW Office of Diversity, Equity and Inclusion (Room 1008)

Dean Belinda Dantley - [belinda.dantley@slu.edu](mailto:belinda.dantley@slu.edu), 314-977-4571

SLU Title IX Coordinator

Anna Kratky, Title IX Coordinator, Office of Institutional Equity and Diversity

[anna.kratky@slu.edu](mailto:anna.kratky@slu.edu), 314-977-3886 or 314-580-8730 (after hours)

<https://www.slu.edu/about/safety/sexual-assault-resources/index.php>

Resources for students and members of the SLU community who have experienced any form of Sexual Harassment, Sexual Assault, Dating and Domestic Violence, and Stalking

SLU Campus Ministry

<https://www.slu.edu/life-at-slu/campus-ministry/index.php>

314-977-2425

3711 West Pine Mall, Wuller Hall, 1st Floor

Resources to nurture the spiritual needs of SLU students.

### Wellness, Health and Safety

University Counseling Center

<https://www.slu.edu/life-at-slu/university-counseling/index.php>

314- 977-TALK (8255)

3711 West Pine Mall, Wuller Hall, 2nd Floor

SLU Student Health Center

<https://www.slu.edu/life-at-slu/student-health/index.php>

314-977-2323

3518 Laclede Ave., Marchetti Towers East, 1st Floor

MOLAP (Missouri Lawyers' Assistance Program)

[www.mobar.org/molap](http://www.mobar.org/molap)

800-688-7859

MOLAP is a free, professional, confidential counseling program for members of the Missouri Bar, their families, and law students in Missouri. MOLAP helps individuals overcome personal concerns with mental health, substance use, stress, and burnout. Call 1-800-688-7859 to talk, schedule an appointment, or request a link for face-to-face sessions through their virtual platform. Services are available 24/7 by phone.

SLU Department of Public Safety (DPS)

<https://www.slu.edu/about/safety/>

314-977-3000

3545 Lindell Blvd., Wool Center, Room 114

SLU Campus Recreation and Wellness

<https://www.slu.edu/life-at-slu/campus-recreation-wellness/index.php>

Saint Louis University's Department of Campus Recreation and Wellness can provide you with resources to ensure you have a healthy mind, body, and spirit.

SLU LAW Introduction to Mindfulness

Prof. David Lander - [david.lander@slu.edu](mailto:david.lander@slu.edu), 314-345-4713

Prof. Lander leads a weekly 30-minute mindfulness session on Wednesdays at Noon.

SLU LAW Wellness Community Facebook Page

[https://urldefense.com/v3/\\_https://t.e2ma.net/click/hk5tee/9xmm0w/pe6w3t\\_!!K543PA!YswO9Wanq1kXitXGhAzm4Dstqb000-yVmKQpb5752cNM03cmg0ACrst-3zmLrli4R8\\$](https://urldefense.com/v3/_https://t.e2ma.net/click/hk5tee/9xmm0w/pe6w3t_!!K543PA!YswO9Wanq1kXitXGhAzm4Dstqb000-yVmKQpb5752cNM03cmg0ACrst-3zmLrli4R8$)

United Way of Greater St Louis

<https://helpingpeople.org/united-way-2-1-1/>

## Suicide Prevention

24/7 Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

800-273-TALK (8255)

Suicide Prevention Resource Center (SPRC)

<https://www.sprc.org/states/missouri>

877-GET-SPRC (438-7772)

SPRC works with the National Action Alliance for Suicide Prevention to provide a public health approach to suicide prevention.

Suicide prevention APPS for your phone

<http://www.mimhtraining.com/suicide-lifeguard/>

<http://t2health.dcoe.mil/apps/virtual-hope-box>

## Addiction and Recovery Resources

MOLAP Addiction Resources

[https://mobar.org/site/content/Lawyer-Resources/MOLAP-areas/Addiction\\_Recovery.aspx](https://mobar.org/site/content/Lawyer-Resources/MOLAP-areas/Addiction_Recovery.aspx)

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

Alcoholics Anonymous

<https://www.aa.org/>

Narcotics Anonymous

<https://na.org/>

## Resources for Individuals Experiencing Food Insecurity

Billiken Bounty

<https://www.slu.edu/student-development/dean-of-students/billiken-bounty.php>

St Louis Area Foodbank

<https://stlfoodbank.org/programs-services/>

Operation Food Search

<https://www.operationfoodsearch.org/find-food/>

Feeding America - Find a Food Pantry

<https://stlfoodbank.org/programs-services/find-food/>