

# HEALTH AND WELL-BEING RESOURCES FOR SLU LAW STUDENTS

## SLU LAW Student Support and Academic Resources

### Student Services Office (Room 1008)

- Dean of Students Jon Baris - [jon.baris@slu.edu](mailto:jon.baris@slu.edu), 314-977-3675
- Assistant Dean of Students Christine Self - [christine.self@slu.edu](mailto:christine.self@slu.edu), 314-977-2728  
Title IX, Student Organizations
- Accessibility and Wellness Coordinator Heather Stout - [heather.stout@slu.edu](mailto:heather.stout@slu.edu), 314-977-3309  
Disability Resource Center, Wellness Resources
- Registrar Janel Esker - [janel.esker@slu.edu](mailto:janel.esker@slu.edu), 314-977-2769
- Assistant Director of Financial Services Jessica Seavers - [jessica.seavers@slu.edu](mailto:jessica.seavers@slu.edu), 314-977-3369

### Office of Inclusion and Diversity Education (Room 1008)

- Dean Belinda Dantley - [belinda.dantley@slu.edu](mailto:belinda.dantley@slu.edu), 314-977-4571
- Assistant Director J.P. Bonnet-Laboy – [jpbonetlaboy@slu.edu](mailto:jpbonetlaboy@slu.edu), 314-977-3395

### Career Services Office (Room 1050)

- Dean Mary Pat McInnis - [mary.mcinnis@slu.edu](mailto:mary.mcinnis@slu.edu), 314-977-2771
- Assistant Director Jocelyn Brennan-Witzel - [jocelyn.witzel@slu.edu](mailto:jocelyn.witzel@slu.edu), 314-977-2763
- Assistant Director Joe Taylor - [joseph.taylor@slu.edu](mailto:joseph.taylor@slu.edu), 314-977-2729

### Academic Resource Center/Bar Exam Preparation (Room 1082)

- Professor Antonia Miceli - [antonia.miceli@slu.edu](mailto:antonia.miceli@slu.edu), 314-977-3448
- Professor Tina Benigno - [petina.benigno@slu.edu](mailto:petina.benigno@slu.edu), 314-977-2794

### Introduction to Mindfulness

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

### Wellness Community Facebook Page

[https://urldefense.com/v3/https://t.e2ma.net/click/hk5tee/9xmm0w/pe6w3t\\_!!K543PA!Ys\\_wO9Wanq1kXitXGhAzm4Ddstqb000-yVmKQpb5752cNM03cmg0ACrst-3zmLrli4R8\\$](https://urldefense.com/v3/https://t.e2ma.net/click/hk5tee/9xmm0w/pe6w3t_!!K543PA!Ys_wO9Wanq1kXitXGhAzm4Ddstqb000-yVmKQpb5752cNM03cmg0ACrst-3zmLrli4R8$)

## Mental and Physical Health

### SLU 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

Rob Donnelly, LCSW, Counselor with UCC, visits SLU Law on Wednesdays for in-person appointments in Room 1050C. Students can schedule appointments by calling Shontay Kimmins at 314.977.7192 or email at [shontay.kimmins@health.slu.edu](mailto:shontay.kimmins@health.slu.edu) .

### SLU University 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

Missouri Lawyers Assistance Program (MOLAP)

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

1-800-688-7859

MOLAP is a 24/7 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.

MOLAP Director Anne Chambers, LCSW is available for in-person office hours and virtual appointments for SLU Law students during the fall and spring semesters (specific dates and times are announced throughout the semesters). Students are not limited to accessing services on the dates announced, as they are also available 24/7 by phone. Call to talk, schedule an appointment, or request a link for virtual sessions.

### Psychiatric Department Walk-in Clinic for Students

SLU Department of Psychiatry and Behavioral Neuroscience

Monteleone Hall, 1438 S. Grand Blvd.

The School of Medicine offers walk-in clinic opportunities for students to receive individual psychiatric assessment and treatment options during the walk-in clinic on Wednesday from 1:00-4:00 p.m. Students can call 314-977-2323 to pre-register or request a specific time.

American Bar Association (ABA) Wellness Resources during Bar Exam Prep

[https://www.americanbar.org/groups/young\\_lawyers/career-tools/new-graduates/mental-physical-health-resources-bar-exam/](https://www.americanbar.org/groups/young_lawyers/career-tools/new-graduates/mental-physical-health-resources-bar-exam/)

### Notary Services

There are several notary publics in Scott Hall. Students can check with Student Services in 1008 to confirm location of notaries. This is available to all SLU Law students, at no cost.

### Suicide Prevention Resources and Training Programs

24/7 Suicide Prevention Hotline

<http://www.suicidepreventionlifeline.org>

In July of 2022, 988 became the national three-digit phone number for all mental health, substance use, and suicide crises. 988 calls will be routed to the National Suicide Prevention Lifeline centers in each state. 988 will offer rapid access to behavioral health support through connection with trained crisis specialists.

24/7 Youth Connection Hotlines for Families and Adolescents

- All ages for STL City and Eastern Region - 314-469-6644
- 19 and under in STL County - 314-628-2929
- Youth Connection Helpline - 1-877-928-2929
- 18 and under for St. Charles County - 636-642-0642
- Text 4HLP to 31658

Suicide Prevention Apps for your phone

- <http://www.mimhtraining.com/suicide-lifeguard/>
- <http://t2health.dcoe.mil/apps/virtual-hope-box>

#### Training Programs

Individuals - <http://www.moasklistenrefer.org/main>

Schools - <http://www.asklistenrefer.org/>

### **Spiritual Wellness**

#### SLU Law Chapel

Scott Hall, Room 740

Open to all for prayer and reflection. Mass is held weekly in the Chapel, although times may change each semester

#### SLU Law Interfaith Space

Scott Hall, Room 1014

Open and welcoming to all for prayer and reflection for all faiths. The keycode to enter is 1014\*

#### SLU Law Mindfulness Center

Scott Hall, Room 980

Open to all including for Weekly Mindfulness sessions led by Prof. David Lander and to practice mindfulness and explore the library

#### 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

### **Grievance Counseling**

Care And Counseling (Interfaith non-profit)

<https://careandcounseling.org/>

Jim Roach, Campus Minister, Bereavement Ministry Coordinator

SLU Campus Ministry

[jim.roach@slu.edu](mailto:jim.roach@slu.edu)

314-977-1525

#### Sage Tree Therapy

[www.sagetreetherapy.com](http://www.sagetreetherapy.com)

Services include individual therapy, in-home therapy, support groups, art workshops, and LCSW supervision for individuals in Missouri and Illinois

Mercy Bereavement Support Groups in St Louis Region

<https://www.mercy.net/content/dam/mercy/en/pdf/mnm-resources/bereavement-support-groups-in-st-louis-area.pdf>

### **Health Insurance**

SLU Student Health Insurance

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

ABA Health Insurance Guide

[https://www.americanbar.org/groups/law\\_students/about/membership/insurance-and-refinancing/](https://www.americanbar.org/groups/law_students/about/membership/insurance-and-refinancing/)

State Health Care Marketplace information

<https://www.healthcare.gov/>

Check your state of residence marketplace options and information about how to enroll.

## **Physical Safety**

SLU Department of Public Safety (DPS)

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

314-977-3000

3545 Lindell Blvd., Wool Center, Room 114

Saint Louis Metropolitan Police Department

[www.slmpd.org](http://www.slmpd.org)

Emergency: 911

Non-Emergency: 314-231-1212

## **Food Insecurity**

SLU 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/>

## **Housing Insecurity**

City of St. Louis Homeless Services

<https://www.stlouis-mo.gov/homeless-services/index.cfm>

St. Louis Housing Helpline

314-802-5444

1520 Market Street, Room 405

United Way Helpline

Dial 211

St. Patrick Center – Welcome Center

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

314-802-0700

800 N. Tucker Blvd.

## **Bar Association Well-Being Resources**

The Missouri Bar (MObar)

<https://mobar.org/>

The Missouri Bar (MOBAR) offers a wide range of resources for lawyers and the public, including online videos, articles, and information about MOLAP. The Report on the ABA Commission on Lawyer Assistance Programs' Law School Wellness Survey is here:

[https://mobar.org/site/content/Lawyer-Resources/MOLAP-areas/Well\\_Being.aspx](https://mobar.org/site/content/Lawyer-Resources/MOLAP-areas/Well_Being.aspx).

The Bar Association of Metropolitan St. Louis (BAMSL)

<https://www.bamsl.org/?pg=WellBeingCommittee>

The Bar Association of Metropolitan St Louis (BAMSL) Well-Being Committee maintains a website listing resources, committee information, and scheduled events.