

Additional Mental Health Resources

There are a number of other resources that are available to you both through the law school and the university evaluate and review the following counseling, stress, and mindfulness resources to support your mental health.

Counseling Resources

- [Law School Counseling Resources](#)
- [Tennessee Lawyer's Assistance Program](#)
- [Psychological Services Center](#)
- [Center for Good Grief](#)

Mental Health Resources Specifically for Law Students and Lawyers

- **Lawyers With Depression:** A website (found [here](#)) and blog created to help law students and lawyers cope with and heal from depression.
- **The Path To Law Student Well-Being Podcast Series:** access it [here](#)): American Bar Association's podcast series focused on law student mental health and wellness. The following episodes are of particular interest for law students: Episode 3 (The Practice and Benefits of Mindfulness), Episode 4 (Adopting a Growth Mindset), Episode 5 (Dealing with Stress While Studying for the Bar Exam), and Episode 6 (Practice Makes Passing).
- **American Bar Association's Commission on Lawyer Assistance Programs: Confidential Hotline for Law Students and Lawyers, 1-800-LAW-LAPS (529-5277):** access website [here](#).
- Other ABA Mental Health Resources for Law Students [here](#).
- [Voices of Recovery](#) – an ABA podcast about overcoming substance abuse
- Tennessee Lawyer's Assistance Program *Better Right Now* [resource page](#)
- [Texas Lawyer's Assistance Program Resources](#) page
- [Lewis & Clark Law School Resources page](#) – including several interesting TED talks on mental health and wellness (at the bottom of the page)

Mindfulness in Law Society: Resources and Mindful Meditations for Lawyers and Law Students:

- MILS membership for students is free! You can sign up [here](#). Students receive the same benefits as paying MILS members, plus access to MILS advisors who can serve as resources in creating a student organization and/or with mindfulness programming at your law school.
- [MILS-Student Division Introductory Video](#) - This is a short, three-minute video introducing mindfulness and the MILS-Student Division.
- [Free Mindfulness Resources](#) - This page has a mix of recorded meditations, articles, and podcasts. As the new school year begins, we encourage you to read, and pass along, this [article](#) on how mindfulness can help with cold calling.

- Twice weekly (Mondays at 2PM CST and Wednesdays at 4:00 pm CST), MILS offers free, live "virtual sits," which are meditations led over Zoom. The links can be found on the [Virtual Sits](#) page of the MILS website.

General Resources for Managing Stress and Test Anxiety

Cornell University Learning Strategies Center Handouts: Handouts with useful tips for managing stress, academic anxiety, and time. Most helpful handouts for law students:

- [The Basics of Stress Management](#)
- [Time Management for Right-Brained People \(Or What to Do If Lists Are Not Your Style\)](#)
- [Overcoming Procrastination](#)

Video Meditations, led by mindful meditation expert Tara Brach:

- [Mindful Presence](#) (5 mins);
- [Self-Compassion](#) (11 mins); and
- [Opening and Calming](#) (13 mins).

Mindful Meditation, Stress Management, and Sleep Apps and Resources

These apps have been recommended by law students and lawyers but listing them here is not an endorsement of any of them.

- [Introduction to Mindfulness by Judge Steve Hornsby](#), a graduate of Memphis Law. This site includes an explanation of mindfulness and a guided mindfulness exercise led by Judge Hornsby.
- [Calm](#): App for mindful meditation, managing stress and anxiety, and improving sleep. There is a free trial period, and the monthly fee is \$16.99.
- [Head Space](#): App focused on mindful meditation and sleep. After a free trial period, a student subscription to the app costs \$12.99 per month.
- [Insight Timer](#): Describes itself as "the largest free library of guided meditations on earth." App is available for iOS and Android offering a variety of pleasant bell tones and a useful journaling function.
- [Slumber](#): This free app has stories, guided meditations, and music and sounds focused on helping you get a good night's sleep. There are some in-app purchases.
- [TimeOut](#): Free app that reminds you to take breaks from your work at regular intervals.
- [Tracks to Relax](#): Podcast offering guided sleep meditations. There are a small number of free tracks, and then different subscription options if you want more content.
- [Strategies for Controlling Stress and Enhancing Happiness - A TLAP Resource Guide](#).