The Dean of Students is available to all students to address personal, academic and professional issues that develop during their law school career. Law school is difficult and at times very stressful, as is the practice of law. Students are encouraged to reach out with any concerns. First and foremost, our priority is assisting our students to access the resources they need to reach their full potential as students and future members of the legal profession.
University of Miami Wellness Resources for Students

- **Intellectual**
  - Academic Achievement Program, http://www.law.miami.edu/academics/academic-achievement-program

- **Physical**
  - School of Law Disability Services, http://www.law.miami.edu/students/disability-services
  - Wellness Center & Intramural Sports http://www.miami.edu/sa/index.php/wellness_center/
  - Student Health Center, 305-284-9100
  - UM Center for Alcohol and Other Drug Education http://www.miami.edu/sa/index.php/dean_of_students/alcohol_other_drug_education/about_the_center/
  - UM Police Campus Safety Initiatives http://www.miami.edu/ref/index.php/umpd/CampusSafety_faqs/
  - Sexual Assault Response Team (S.A.R.T.), 305-798-6666

- **Emotional**
  - Counseling Center, 305-284-5511 (walk-in hours available)
  - Dean of Students Office, 305-284-4551
  - Student Development Directors
    - Amy Perez (aperez@law.miami.edu / 305-284-1880)
    - Denise Lehr (dlehr@law.miami.edu / 305-284-1605)

- **Financial**

- **Spiritual**
  - Religious Organizations at the University (http://www.miami.edu/sa/index.php/spiritual_life/religious_organizations/)

- **Occupational**
  - School of Law Career Development Office, 305-284-2668

- **Social**
  - School of Law Events Calendar (https://ems-01.law.miami.edu/MasterCalendar/)
  - Student Activities and Student Organizations
Self-Screening

The University of Miami offers a free, completely anonymous self-screening tool to all of our students. This is intended to help you determine whether you might benefit from additional assistance or support from a mental health professional. Only you see the results, and then you decide if you would like to speak with someone at the University of Miami’s Counseling Center or an off-campus professional.

http://screening.mentalhealthscreening.org/university-of-miami
Florida Lawyers Assistance, Inc is a non-profit corporation formed in response to the Florida Supreme Court’s mandate that assistance be available to Florida Bar members who suffer from substance abuse, mental health or other disorders which negatively affect their lives and careers. FLA-LAP is independent of the Florida Bar. Law students can access these confidential resources by calling 800-282-8981, 24 hours a day, or emailing mail@fla-lap.org.

For an introduction to Florida Lawyers Assistance, you can watch this short video: https://www.youtube.com/watch?v=-eVnzSE4vdA&feature=youtu.be&app=desktop

Florida Lawyer Assistance Program: (http://fla-lap.org/)
Florida Lawyer Assistance Program: Law School Students (http://fla-lap.org/fla-law-students/)

For Lawyers Assistance Programs in other states, please see American Bar Association Lawyer Assistance Programs (CoLAP)
The ABA Commission on Lawyer Assistance Programs offers resources for handling alcoholism, chemical dependencies, stress, depression and other emotional health issues. They also maintain a confidential listerv for recovering law students. (http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html)

Roxcy Bolton Rape Treatment Center (http://www.jacksonhealth.org/services-rape-treatment.asp)

Jackson Health System is dedicated to serving children, adolescent and adult victims of sexual assault. Through the Roxcy Bolton Rape Treatment Center, services are provided at Jackson Memorial Hospital and Jackson South Community Hospital to victims and non-offending family members and relatives of the victims. The center provides comprehensive quality medical treatment and crisis counseling by a team of doctors, nurses and therapists all sensitively trained to work with rape victims. All services are at no cost and are completely confidential regardless of police involvement.
Key National Referral Services

Suicide Prevention
- National Suicide Prevention Lifeline 1-800-273-TALK (8255), National, Toll-Free, 24 Hours
- Dave Nee Foundation, www.daveneefoundation.org
- Law Lifeline, www.lawlifeline.org

Chemical Dependency and Self-Help Sites
- Addiction Recovery Resources for Professionals
- Alcoholics Anonymous (AA) 212-870-3400
- American Medical Association
- Center for Substance Abuse Treatment (SAMHSA)
- Cocaine Anonymous (CA) 310-559-5833
- Crystal Meth Anonymous (CMA) 213-488-4455
- Dual Recovery Anonymous
- International Lawyers in A.A. (ILAA)
- Marijuana Anonymous (MA)
- Narcotics Anonymous (NA)
- National Clearinghouse for Alcohol and Drug Information (SAMHSA)
- National Institute on Drug Abuse (NIDA)
- Nicotine Anonymous (NA) 415-750-0328
- Treatment Improvement Exchange (CSAT)

Compulsive Gambling
- Debtors Anonymous (DA) 781-453-2743
- Gamblers Anonymous (GA) 213-386-8789

Eating Disorders
- Anorexia Nervosa & Associated (Eating) Disorders (ANAD) 630-577-1330
- Overeaters Anonymous 505-891-2664

Family Support
- Adult Children of Alcoholics (ACOA) 562-595-7831
- Al-Anon/Alateen 888-4AL-anon
- Nar-Anon Family Groups
- Co Dependents Anonymous (CODA) 888-444-2359
- Co Dependents of Sex Addicts 763-537-6904

Mental Health Sites
- Anxiety Disorders Association of America (ADAA)
- Journal of General Psychiatry (JAMA)
- Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)
- Depression and Bipolor Support Alliance (DBSA)
- Lawyers with Depression
- National Alliance on Mental Illness (NAMI)
- National Institute of Mental Health (NIMH)
- National Mental Health Association (NMHA)

Sexual Addiction and Compulsivity
- Sex Addicts Anonymous (SAA) 800-477-8191
- Sex & Love Addicts Anonymous (SLAA)
- Sexaholics Anonymous (SA) 615-370-6062
Select Media Resources and Guidance:

Shatter the Stigma, Channel 10 news, featuring UM Law graduate Harley Tropin (October, 2015)


Shedding Stigma to Stop Suicide on College Campuses (CNN, September, 2015)


The Bridge Between Suicide and Life, Ted Talk

http://www.ted.com/playlists/296/let_s_end_the_silence_around_s

A Tale of Mental Illness—from the Inside, featuring USC Law Professor Elyn Saks (Ted Talk)

https://www.ted.com/talks/elyn_saks_seeing_mental_illness

Lawyers who self-medicate to deal with stress sometimes steal from those they vowed to protect, ABA Journal (March, 2015) (with great list of resources)

http://www.abajournal.com/magazine/article/lawyers_who_self_medicate_to_deal_with_stress_sometimes_steal_from_those