Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Hosted by ABA Commission on Lawyer Assistance Programs and Law Student Division, with special guests Mistie Bauscher, Former Conditional Admittee, Brian Cuban, author of The Addicted Lawyer and Amanda Lee, Harvard Law School, Student Government President.

Welcome!

to the
Live Twitter Chat on Law Student Wellness
in recognition of
National Mental Health Day for Law Schools
March 28, 2018

Welcome to the #LawStudentWellness Twitter Chat in recognition of @abalsd National Mental Health Day for Law Schools! americanbar.org/groups/lawyer... pic.twitter.com/VxuCCJaJiJ

ABA CoLAP @ABACoLAP
2 MONTHS AGO

Today, law schools are encouraged to sponsor programs and events that help break the stigma associated with severe depression and anxiety among law students and lawyers.
#LawStudentWellness americanbar.org/groups/lawyer...

ABA CoLAP @ABACoLAP
2 MONTHS AGO

Reminder - use the #LawStudentWellness tag. We don’t want to miss anything you share with us!
pic.twitter.com/0c3JdLMA4e

ABA FOR LAW STUDENTS @abalsd
2 MONTHS AGO

ABA for Law Students @abalsd
2 MONTHS AGO

Join us - it’s happening right now! #LawStudentWellness twitter.com/ABACoLAP/statu...
Mindfulness Affinity Group
@MAG_Balance
Find resources for law students at mindfulnessinlawsociety.com #LawStudentWellness
2 MONTHS AGO

ABA CoLAP
@ABACoLAP
A big thank you to our guests @bauschlawyer, @bcuban and @HLS_StudentGov for their help and involvement #LawStudentWellness.
2 MONTHS AGO

Dan Bowling
@BowlingDan
Encourage my #DukeLaw students to join in chat today #LawStudentWellness
2 MONTHS AGO

ABA CoLAP
@ABACoLAP
Another big thank you to @abalsd for co-sponsoring this event and to everyone else who helped spread the word. #LawStudentWellness. abaforlawstudents.com/events/initiat...
2 MONTHS AGO

SMACK
@mirandasrevenge
3) all the focus on lawyer abuse of alcohol (which, of course, is a real issue!) when lawyers are seriously struggling with bipolar disorder, depression, etc. and afraid to report *that* because their credibility/impartiality will be called into question #LawStudentWellness
2 MONTHS AGO

UO School of Law
@Oregon_Law
In recognition of Mental Health Day for Law Schools today, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. #LawStudentWellness
ow.ly/CFou30iRpOe
2 MONTHS AGO

ABA CoLAP
@ABACoLAP
This #LawStudentWellness Twitter Chat aims to encourage students to seek help when they need it, by addressing questions around stigma, bar application character and fitness, and anything else on the minds of students and those who care about them.
2 MONTHS AGO

ABA CoLAP
@ABACoLAP
Before we start the chat, here's a quick introduction to @ABACoLAP... #LawStudentWellness
2 MONTHS AGO
Law school stress is different. We join with our colleagues across the country in raising the issue of #LawStudentWellness. [bit.ly/2pKneo](https://bit.ly/2pKneo) pic.twitter.com/lL3KnF2gk6

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**Tiffany R. Paige J.D.**
@TRPAIGE1

Checking in for the chat. Looking forward to this much needed dialog. #lawstudentwellness

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**ABA CoLAP**
@ABACoLAP

...so that lawyers can recover, families are preserved & clients and other members of the public are protected. #LawStudentWellness [americanbar.org/groups/lawyer_](https://americanbar.org/groups/lawyer_)... pic.twitter.com/5ZBvK3OdNU
Hey @UTKLaw students & alumni, there's a great twitter chat about #LawStudentWellness going on now. Share your thoughts with us and @abalsd @ABACoLAP

I'm here as a PA attorney who navigated this. Looking forward to the chat twitter.com/abacolap/status...

This mission is carried out by supporting the work of state and local lawyer assistance programs (LAPs). #LawStudentWellness americanbar.org/groups/lawyer...#

Lawyer Assistance Programs provide confidential services and support to judges, lawyers and law students who are facing substance use disorders or mental health issues. If you or someone you know is in need of assistance, contact your state or local LAP. #LawStudentWellness

Resources and a directory of state and local LAPs are on the CoLAP website at: ambar.org/colap. #LawStudentWellness

It's true! We're here and ready to get our Mental Health and Wellness chat on with the @abalsd! #LawStudentWellness twitter.com/theflabar/status...

Now, on to the Chat! Everyone should feel free to comment and ask questions. But don't forget the #LawStudentWellness tag! pic.twitter.com/Rv59yQICUi

https://storify.com/SaraBSmith84/national-mental-health-day-for-law-schools-twitter.html
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

@IllinoisLap
@IllinoisLap

@IllinoisLap is ready to rock for today's #LawStudentWellness Twitter Chat! twitter.com/ABACoLAP/status...

2 MONTHS AGO

ABA COLAP
@ABACOLAP

Q1: Please introduce and tell us a little bit about yourself. #LawStudentWellness pic.twitter.com/M14rG0L1Dc

ABA COLAP
@ABACOLAP

2 MONTHS AGO

Brian Cuban
@bcuban

I am a graduate of Pitt Law. I am in long term recovery from cocaine and alcohol and in therapy for depression. I am the author of "The Addicted Lawyer" #LawStudentWellness

2 MONTHS AGO

Brian Cuban
@bcuban

I have been in long term recovery since April 2007 #LawStudentWellness

2 MONTHS AGO

LCL, Inc. (Mass)
@LCL_MassLawyers

It's National Mental Health Day for Law Schools! So important that law students find the support they need. We encourage those in Massachusetts to use our free, confidential help: ow.ly/dmgH3njcDdm. Thank you, @ABACoLAP and @abalsd for your work on #LawStudentWellness!

2 MONTHS AGO

Brian Cuban
@bcuban

I am licensed in Texas but failed the Texas Bar Exam twice with drugs and alcohol playing a large factor each time #LawStudentWellness

2 MONTHS AGO
SMACK
@mirandasrevenge

4) Not acknowledging the extreme secondary trauma that many law students (+ with prior mental health conditions) will experience during clinic/internships with legal aid/public defender offices (e.g. gruesome/horrific case facts, client abuse and death, etc)
#LawStudentWellness

Brian Cuban
@bcuban

I have had two trips to a psychiatric facility, the first time after deciding to end my life in 2005
#LawStudentWellness

Brian Cuban
@bcuban

I've had 3 failed marriages, all failing in large part because of my hiding my use of drugs, alcohol and battle w/clinical depression #LawStudentWellness

Brian Cuban
@bcuban

For a few years, I had a successful law practice financially. As a result of drugs, alcohol and untreated clinical depression, that all ended #LawStudentWellness

Brian Cuban
@bcuban

I was using cocaine in the local Dallas courthouse, my office and even in my car on my way to hearings #LawStudentWellness

Janet Stearns
@janetestearns

@ABACoLAP @bauschlawyer @bcuban @HLS_StudentGov Thanks for leading our Twitter Town Hall #LawStudentWellness

Brian Cuban
@bcuban

I was taking cases I was not qualified to take to fund my cocaine habit. #LawStudentWellness

Brian Cuban
@bcuban

I have not been disbarred or had my license suspended but it was not for a lack of trying—that is tongue but it is a real consequence that befalls many lawyers who do not find recovery #LawStudentWellness
During my time at Pitt Law I was an "alcoholic". Went to class drunk and hung over. I did my moot court while intoxicated. I was also dealing w/2 eating disorders (about 25 percent of those with eating disorders are male) I graduated by the skin of my teeth. #LawStudentWellness

@UMassLaw students! Don’t forget about the #LawStudentWellness chat happening from 1-2pm.

@LC1_MassLawyers @ABACoLAP And thank you too - for the webinar and the Student Lawyer article on law school stress! #LawStudentWellness abaforlawstudents.com/2018/03/01/you

Q1. Chris Osborn for ReelTime Creative Learning Experiences. practicing attorney, CLE presenter, and former law prof. My partner is a lawyer-turned-MH therapist. We have presented CLEs on stress management & wellness since 2007. #LawStudentWellness

My name is Amanda Lee and I am a third-year law student at Harvard and the President of Harvard’s Student Government. #LawStudentWellness

Joining me from Student Government include Amanda Chan, Vice President, and Adam Savitt, Chair of Health & Wellness. #LawStudentWellness

As students, we’ve seen the mental health challenges that law school can aggravate and the importance of changing the wellness conversation in the legal profession early on -- starting from our 3 years at law school! #LawStudentWellness

As part of Mental Health Awareness Week, the Mental Health Students Association and campus clinicians just hosted a peer training session to empower students to detect and address mental distress in their peers and themselves. #LawStudentWellness
Wellness in law school must be a collaborative effort between students, faculty, staff, and administrators, and we've had the pleasure of working with @HarvardLawDOS to brainstorm ways to improve wellbeing at Harvard Law. #LawStudentWellness

My name is Mistie and I am a criminal defense attorney in Idaho. #LawStudentWellness

Law students — and lawyers: remember to make your #professional and #career development a subset of your own personal development. #LawStudentWellness

I have been clean and sober for almost 9 years, so I was not clean and sober for my first half of law school. #LawStudentWellness

Dogs and yes, even a bunny, are at the law school now as part of Mental Health Awareness Day at Law Schools. #LawStudentWellness

@ABACoLAP And @ABACoLAP rocks! Get to know them early, #LawStudentWellness
Candace @RareCandace

Hi everyone! I'm Candace, graduated from law school in December. I'm a rare disease advocate and work in health policy. #lawstudentwellness

2 MONTHS AGO

June McLaughlin @ProfJune1

My name is June McLaughlin lawyer, educator, LaVerne College of Law & Irvine Valley College SoCal #LawStudentWellness

2 MONTHS AGO

Meaningful Practice @profcorts

One legal job that can never be outsourced: the job of determining what kind of lawyer—what kind of person—you want to be. #LawStudentWellness twitter.com/profcorts/stat...

2 MONTHS AGO

UT COLLEGE OF LAW @UTKLAW

Law School stress is different. We join our colleagues across the country today in raising awareness about this important issue. bit.ly/2pkTheoO #LawStudentWellness pic.twitter.com/Edce0F30Ey

2 MONTHS AGO

Renee Nicole 💕 @profallentweets

Thanks for sharing your story @bcuban #LawStudentWellness

2 MONTHS AGO
Q2: Why is it so important to talk about law student wellness? #LawStudentWellness pic.twitter.com/mYLpMh4VFA

ABA COLAP @ABACOLAP · 2 MONTHS AGO

Brian Cuban @bcuban

The 1st step to breaking stigma is an open conversation #LawStudentWellness

2 MONTHS AGO

Brian Cuban @bcuban

I talk to and hear from many law students who are suffering in silence #LawStudentWellness

2 MONTHS AGO

Christa Levko @ChrisLevko

I love seeing all these law schools check in for #LawStudentWellness I had to fight to bring Law Student Mental Health day resources to my school when there

2 MONTHS AGO

ABA Young Lawyers @ABAYLD

Hey future @ABAYLD members, we’re ❤️ and RT’ing and @ABACoLAP @abalsd #LawStudentWellness twitter chat. Ask questions, share or follow along using the #LawStudentWellness hashtag!

2 MONTHS AGO

Brian Cuban @bcuban

Despite increased awareness, many students do not know the full resources available to them #LawStudentWellness

2 MONTHS AGO

Brian Cuban @bcuban

Students are often afraid that revealing mental health struggles, even in a safe enviroment, is a sign of weakness #LawStudentWellness

2 MONTHS AGO
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

An open conversation may encourage a person to seek help. #LawStudentWellness

Take an affirmation, leave an affirmation. Law school is tough. Get some inspiration from others who know what you’re going through. #UARKLaw #LawStudentWellness pic.twitter.com/ep4vpG6aKF

An open conversation lets students know that it’s okay to allow themselves to be vulnerable #LawStudentWellness

Law Schools need to rethink how we educate on multiple levels, mental health is a primary one. #LawStudentWellness

Vulnerability and Shame are often the gatekeepers to a path to recovery #LawStudentWellness
Talking openly can help a student build their own support network within the law school or university at large #LawStudentWellness

Talking openly can empower students to let other students know when they are struggling #LawStudentWellness

Tell — and then keep telling and retelling — the story of you: who you are, what you value, why you went to law school, why you wanted to become a lawyer, the good you want to do in the world, the way that your career helps you achieve that purpose. #LawStudentWellness twitter.com/profcorts/stat...

Talking openly can encourage students to be themselves with regards to struggles, hopes, and fears rather than trying to fit into a mold of expectations #LawStudentWellness

An open conversation with students starts at the top with school administration. If they are silent, students are too. #lawstudentwellness

As students, we are the next generation of lawyers who will inherit and shape the legal profession. #LawStudentWellness

But to take care of our clients requires us to take care of ourselves first. #LawStudentWellness

We've seen an affirmation, therapy dogs, healthy snacks, and a therapy bunny throughout lawschooldom today. It's great what initiatives everyone's doing. #LawStudentWellness
It's an open secret that the legal profession is facing a mental health crisis, and the misery of modern day lawyers is well documented in higher rates of drug abuse, depression, and anxiety than the average population. #LawStudentWellness

Talking about law student wellness now allows us to begin a sustained conversation about root causes of our profession's malaise and analyze strategies for change. #LawStudentWellness

March 28th, official National Mental Health Day for law schools across the country! CLSMF is proud to support & work to further #LawStudentWellness Read how, "You're right: Law school stress is different – but it doesn't have to be debilitating": ow.ly/SaNa30jcu8g @abalsd pic.twitter.com/Grvz6ABgYF

According to the @NeeFoundation, depression among law students is 8-9% prior to matriculation, 27% after one semester, 34% after 2 semesters, and 40% after 3 years. #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

HLS Student Gov
@HLS_StudentGov

If we don’t talk about law student wellness now, how can we de-stigmatize the experience and treatment of mental illness later? Our peers should not be suffering in shame and silence.
#LawStudentWellness

Candace
@RareCandace

It’s important that law school faculty communicate & are aware of challenges in students’ lives.
#lawstudentwellness

Christa Levko
@ChrisLevko

Because the second you talk about it, someone feels less alone and more able to reach out.
#LawStudentWellness

twitter.com/abacolap/statu…

Mistie Bauscher
@bauschlawyer

I remember feeling so alone, like I was the only one struggling with addiction, that nobody else needed to put something inside their bodies to show up for class or make it through a test.
#LawStudentWellness

Candace
@RareCandace

Today would have been my late boyfriend’s 38th birthday. He passed away last June. I received no support from school.
#lawstudentwellness

THE FLORIDA BAR
@THEFLABAR

This #LawStudentWellness hashtag on Twitter right now is powerful stuff. Especially these tweets from @bcbuan, who was a BIG contributor to The Florida Bar Journal’s special Mental Health and Wellness issue in January. ICYMI: floridabar.org/news/tfb-journ… pic.twitter.com/v99xIDqHng
Mistie Bauscher  
@bauschlawyer
Nobody was talking about law student wellness. The philosophy was definitely buck up and make it through. I had no idea there were resources available and people willing to help me until I found the courage to ask for help. #LawStudentWellness

June McLaughlin  
@ProfJune1
@HLS_StudentGov Absolutely! All connected #Lawstudentwellness

Mistie Bauscher  
@bauschlawyer
It is so important that we have the discussion, that we let people know that law schools are not heartless vessels, that people care and help is available. #LawStudentWellness

Candace  
@RareCandace
My final semester was challenging, after 5.5 my whole life was flipped upside down, again. I had no one to talk to. #lawstudentwellness

ABA CoLAP  
@ABACoLAP
Research on lawyers: “The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys” #LawStudentWellness journals.lww.com/journaladdicti...

ABA CoLAP  
@ABACoLAP
Research on law students: “Suffering in Silence: The Survey of Law Student Well-Being and the Reluctance of Law Students to Seek Help for Substance Use and Mental Health Concerns” #LawStudentWellness jle.aals.org/home/vol66/iss...

Law Student Division  
@FlaBarYLDLSD
A2: It’s important because without an open dialogue, everything gets suppressed and eventually boils over -- and sometimes, it extreme cases, becomes too late to do anything about it. And we don’t want to see any of our law students fail. #LawStudentWellness twitter.com/ABACoLAP/status...

Candace  
@RareCandace
fellow students were my support system, if I wasn’t strong because of my rare disease journey, it could have been worse #lawstudentwellness

https://storify.com/SaraBSmith84/national-mental-health-day-for-law-schools-twitter.html
Candace @RareCandace
I have unfortunately had friends from school who lost parents and siblings. They lacked support as well. #lawstudentwellness

ReelTime C.L.E. @ReelTimeCLE
yes! and not trying to "go it alone" is one of the best things that any of us can do! #LawStudentWellness twitter.com/bcuban/status/…

Candace @RareCandace
Sometimes when we look at mental health we focus on a diagnosis, not triggering events or temporary issues. #lawstudentwellness

Law Student Division @FlaBarYLDLSD
Truth! #LawStudentWellness twitter.com/HLS_StudentGov...

Cindy T. Graham, PhD @cindytgrahamphd
A2. How is a student to succeed in law school without wellness? How is a student or attorney to succeed in career and life without addressing mental health when mental illness can subvert your best efforts? #LawStudentWellness #LawStudentMentalHealth twitter.com/abacolap/statu...

Meaningful Practice @profclorts
Lawyers & Law Students: when the rigors & demands of clients, courts, and coworkers overwhelm...when you feel stuck, trapped, powerless to change the time, people, and work demanded of you...you always retain freedom to reframe & relate to them in a new way. #LawStudentWellness
Question 3

What should a law student do if he or she thinks they have a problem with stress, depression, addiction, etc.?

Q3: What should a law student do if he or she thinks they have a problem with stress, depression, addiction, etc.? #LawStudentWellness pic.twitter.com/eLRgK4bI0p

Christa Levko
@ChrisLevko

And both can be important! I came into law school with a MDD diagnosis but I had a friend who started suffering severe panic attacks only during law school exams. We both deserve support and care #LawStudentWellness twitter.com/rarecandace/st...

Brian Cuban
@bcuban

Find a safe setting to tell someone you are struggling #LawStudentWellness

That can be the dean of students, a classmate, your therapist if your are already treating, the university at large mental health services, your peer support group if you are already in one, a professor you feel safe with. #LawStudentWellness
Understand that you are NOT alone in your struggle. You will NOT be the first person to go to your DOS with such a struggle. They understand the issues and they understand confidentiality. #LawStudentWellness

Understand that these issues, whether stress, addiction, depression etc, are often progressive if not dealt with. The answer is not to kick the can down the road hoping that it is situational and will resolve itself. #LawStudentWellness

Great resources here for law students who need help. #LawStudentWellness
twitter.com/abacolap/status/

We saw a thread recently about panic attacks where an attorney had one in court and called himself “weak.” They’re more common than you think, and it’s not weak to seek help. We have to work to end that kind of stigma. #LawStudentWellness
twitter.com/bcuban/status/

Because changing how the legal profession looks at wellness starts with those who are the future of the profession! #LawStudentWellness
twitter.com/abacolap/status/

Even though every student’s experience will be different, all students should know that they are not alone. #LawStudentWellness

Definitely talk to someone and get help. You don’t have to suffer. It can be better. #LawStudentWellness
twitter.com/ABACoLAP/status/
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Katrina Leigh
@katrinaleigh86

I’m Katrina Castillo a Federal Government attorney and Law Student Outreach Coordinator for @ABAYLD! #LawStudentWellness twitter.com/abacolap/statu...

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

A3: Talk to a professional on campus. Law schools’ Dean of Students Offices and Health Services offices should make it clear to students how to get an appointment and lower wait times while increasing rapid access and rapid response services. #LawStudentWellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

If you have friends you can open up to do so. Law schools should also train students on peer intervention and how to talk to others in their classes about mental health and wellbeing. #LawStudentWellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

Part of the tragedy of law school wellness is that law schools are very competitive places. Many people don't have confidants at the law school, so if such people don’t exist right now for you, that’s ok. That’s part of the environment we all need to reform. #LawStudentWellness

2 MONTHS AGO

Candace
@RareCandace

The dean of students had no idea my boyfriend had passed until I graduated. A sign that change is needed. A sign that change is needed. #lawstudentwellness

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer

Don’t do what I did....not talk to anyone about my struggles with drugs and alcohol, try to hide the unmanageability in my life from everyone, do my best to make sure everything looked ok on the outside even when I was dying on the inside. #LawStudentWellness

2 MONTHS AGO

Law Student Division
@FlaBarYLDLS

Whatever the opposite of keeping it to yourself is, do that. But make sure you divulge your difficulties to someone who A) You trust and B) May be able to help you. Telling your struggles to deaf ears - or someone who's too busy to help - does no good. #LawStudentWellness twitter.com/ABACoLAP/statu...

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer

There is help available. The Dean of Students was a wonderful resource for me when I reached out. All I had to say was I need help. My school helped facilitate a leave of absence for me so I could go to treatment. My professors were all amazing. #LawStudentWellness

2 MONTHS AGO
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Candace @RareCandace
Everyone seems afraid to share "bad news" about a student- so ask if it is okay to share it with others. #lawstudentwellness

ABA CoLAP @ABACoLAP
Lawyer Assistance Programs provide confidential services and support to judges, lawyers & law students facing substance use disorders or mental health issues. If you or someone you know is in need of assistance, you can contact your state or local LAP. #LawStudentWellness

ABA CoLAP @ABACoLAP
Access a directory of state and local LAPs on the CoLAP website. #LawStudentWellness americanbar.org/groups/lawyer... 

Joan Bibelhausen @mnlc1
Sometimes there is a long wait for a law school counselor. The LAP may be able to help you see someone more quickly and many offer several free counseling sessions. #lawstudentwellness

#LawStudentWellness

Question 4

What would you like to say to law students who may be reluctant to get help because they are concerned about bar admission?

Q4: What would you like to say to law students who may be reluctant to get help because they are concerned about bar admission? #LawStudentWellness pic.twitter.com/uJlNsWwkVO

ABA ColAP @ABACOLAP · 2 MONTHS AGO

Brian Cuban @bcuban
Anecdotally, am not aware of any student who has been prevented(as compared to delayed) from taking the bar due to treating for mental health issues #LawStudentWellness not

2 MONTHS AGO

Brian Cuban @bcuban
May a student be required to jump through a few hoops? Yes but I encourage students to look at the bigger recovery picture #LawStudentWellness

2 MONTHS AGO
Adam Music
@MusicAdamT
2 MONTHS AGO
Some mental health issues can also have an undetected physical origin or aspect. I'm on Lexapro because of low serotonin - in my stomach of all places. You gotta ask for help to get the right help. #LawStudentWellness

Katrina Leigh
@katrinaleigh86
2 MONTHS AGO
Don't be afraid to get help! You are not alone and there are people who want to help. #LawStudentWellness twitter.com/abacolap/statu...

Brian Cuban
@bcuban
2 MONTHS AGO
That bigger pictures is that addicted or depressed law students because addicted and depressed lawyers. The answer once more is NOT to kick the can down the road because of Character and Fitness Fears. #LawStudentWellness

Katelynn Watkins
@kmwatk
2 MONTHS AGO
thanks to everyone sharing their great wellness tips over at #LawStudentWellness twitter.com/ABACoLAP/statu...

Brian Cuban
@bcuban
2 MONTHS AGO
There is a saying that I love because it is universal. "When it comes to finding recovery, today is as good as its even going to get"! #LawStudentWellness

Brian Cuban
@bcuban
2 MONTHS AGO
When the can is kicked down the road because of C &F fears, it can become very easy in law pratice to keep kicking it until the consequences catch up with the problem. #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

#LawStudentWellness @MiamiLawSchool pic.twitter.com/I3nL90Jdq5  
@JANETESTEARNS · 2 MONTHS AGO

BAZINGA AGAIN. this is the sad, ugly truth. We have to change the culture & community, and it's hit to begin in law schools. #LawStudentWellness Keep it up, Crimson!  
@ReelTimeCLE · 2 MONTHS AGO

twitter.com/hls_studentgov...

I speak from experience that students who suffer a trauma may feel uncomfortable crying in front of faculty. #lawstudentwellness  
@RareCandace · 2 MONTHS AGO

Then it may put a law license at risk or worse. #lawstudentwellness  
@bcuban · 2 MONTHS AGO

And in law school, crying- or any emotion- can be viewed as a sign of "weakness". I didn’t want to appear weak. #lawstudentwellness  
@RareCandace · 2 MONTHS AGO

Q4: This concern about bar admission shouldn’t just be the student’s burden to bear. Law schools can play an active role in advocating for change and for clarity in bar admissions requirements! #LawStudentWellness  
@HLS_StudentGov · 2 MONTHS AGO
Q4: SHOULD I HOLD OFF ON ASKING FOR HELP BECAUSE I DON'T WANT TO HURT MY BAR ADMISSION PROSPECTS?

Would you run on a broken leg because you wanted to impress the track coach? Bar admissions officials want to know that their candidates for admission are healthy and prepared to represent the clients in their jurisdiction.

The sooner and more comprehensively you can demonstrate that you're in the proper condition or that you're working your way there, the greater the confidence you can instill in those officials (and in yourself). Not only will you reflect the competence expected of you, but the professionals you've seen for treatment or counseling will be able to vouch for you on your application and support you in a hearing if needed.

On bar admissions, @DavidBJaffe and @janetestearns addressed this in Student Lawyer abaforlawstudents.com/2018/03/01/two... #LawStudentWellness pic.twitter.com/wFxlBYFXqH

HLS Student Gov
@HLS_StudentGov
Q4: The DOJ has advised Louisiana and Vermont that fitness or character reports asking questions about applicants' mental health and then requiring follow-up, detailed medical information violate Title II of the Americans with Disabilities Act. #LawStudentWellness

Christa Levko
@ChrisLevko
First, not every state asks - check your states C&F questions. Also, a lot of times the Q is about "likeliness" to affect you. By getting help, ur finding the tools you need to handle the stress of practice. You can't predict the future so lawyer the question. #LawStudentWellness twitter.com/abacolap/statu...

Katrina Leigh
@katrinaleigh86
I have never heard of anyone being blocked from taking the oath of attorney because of mental health treatment. I know of several attorneys who are recovering addicts or have received mental health treatment #LawStudentWellness twitter.com/abacolap/statu...

HLS Student Gov
@HLS_StudentGov
Q4: Questions that don't relate to an applicant’s competency to practice law serve only to deter students from seeking care when needed. Seeking care early is always a best practice. #LawStudentWellness

ABA for Law Students
@abalsd
@janetestearns @MiamiLawSchool Head trips! #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

@ABACoLAP Florida Lawyers Assistance here @MiamiLawSchool today to support Mental Health Day. #LawStudentWellness https://t.co/WBEpYpjtdq6

JANET STEARNS @JANETESTEARNS 2 MONTHS AGO

@ABACoLAP Florida Lawyers Assistance here @MiamiLawSchool today to support Mental Health Day. #LawStudentWellness pic.twitter.com/WBEpYpjtdq6

Renee Nicole 💕 @profallentweets

Most states have programs designed to help you be well so that you can ultimately be admitted. Don’t be afraid to ask for help! #LawStudentWellness twitter.com/ABACoLAP/statu...

2 MONTHS AGO

HLS Student Gov @HLS_StudentGov

Q4: In addition to helping students navigate what it states’ character & fitness questions mean, law schools should collaborate and pressure state bar associations to stop asking these mental health questions, like Alaska, Arizona, Illinois, Maine, and more. #LawStudentWellness

2 MONTHS AGO

Mistie Bauscher @bauschlawyer

There are more severe consequences if you do not ask for help in law school and end up facing disciplinary problems after you are admitted to the Bar. In my experience, the Idaho Bar wanted to do anything they could to help me be successful as an attorney. #LawStudentWellness

2 MONTHS AGO

ABA COLAP @ABACOLAP 2 MONTHS AGO

Q5: What is conditional admission? #LawStudentWellness pic.twitter.com/iFDOHiPlrs

Univ. of Arizona Law @uarizonalaw

Succeeding as a law student means "completion of law school in a healthy fashion, with oneself intact." - Arizona Law Assistant Dean of Student Affairs Willie Jordan-Curtis. #LawStudentWellness Your health and wellness are THE top priority!

2 MONTHS AGO

Candace @RareCandace

I’ve had students reach out for help after a rare disease diagnosis. Would love to work w/ ABA to form a support group! #lawstudentwellness

2 MONTHS AGO

https://storify.com/SaraBSmith84/national-mental-health-day-for-law-schools-twitter.html
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

5/17/2018

Remember to take some time to enjoy your family as part of your law school success! They also miss you and can help the stress out of law school life by bringing you back to enjoy the real world from time to time. #LawStudentWellness pic.twitter.com/NBmHxAlsv9

BANESSAMEJIA1 @MEJIA1BANESSA · 2 MONTHS AGO

Candace @RareCandace

If we promote reaching out, we can help students not turn to destructive habits to cope. #lawstudentwellness

2 MONTHS AGO

ABA for Law Students @abalsd

@RareCandace That might be something good for one of our focus groups in the division. #LawStudentWellness

2 MONTHS AGO

The Florida Bar @theflabar

This. #LawStudentWellness twitter.com/bcuban/status/…

2 MONTHS AGO

HLS Student Gov @HLS_StudentGov

We hope that law schools make the effort to educate their students about what conditional admission is, so students understand what this could mean for future practice. #lawstudentwellness

2 MONTHS AGO

Cindy T. Graham, PhD @cindygrahamphd

A3: Contact your university’s health center. There are directories like @therapy4bgirls and @PsychToday that list therapists across the country. Talk to your primary care physician. Many avenues. #LawStudentWellness #LawStudentMentalHealth twitter.com/abacolap/status/…

2 MONTHS AGO
Conditional admission is when you are permitted to practice law while performing certain conditions for a period of time. If the conditions are satisfied, you are admitted to the Bar after the probationary period. #LawStudentWellness

Checking in on the #LawStudentWellness Twitter chat as I’m waiting to testify at a hearing. I wouldn’t wish my experience with one state’s bar examining committee on my worst enemy; but I am forever grateful that I got the mental health treatment I needed when I needed it.

Students should be informed, so they don’t prioritize what they perceive as preserving livelihood in the future over seeking care in the present #lawstudentwellness

My conditions were I had to stay sober, do UA’s, attend 12 step meetings, see a mental health care provider, stay out of trouble, and meet with a supervising attorney. #LawStudentWellness

In Idaho, the conditional admissions process is completely confidential. So clients, my employer, judges...nobody knew I was not fully admitted to the Bar. #LawStudentWellness

For four years, I had to meet these conditions and provide proof I was in compliance. #LawStudentWellness

One more time for the people in the back!!!! #LawStudentWellness twitter.com/hls_studentgov...

Yes! And the more folks that link together for meaningful, productive means of stress reduction, the less law school culture will send her around unhealthy activities. #LawStudentWellness twitter.com/rarecandace/st...
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

**Mistie Bauscher**
@bauschlawyer

In 2015, the Idaho Supreme Court decided I had done everything they wanted me to and I got a regular license to practice law. #LawStudentWellness

2 MONTHS AGO

**Kathy Flaherty**
@ConnConnection

I knew *nothing* about the questions I would be asked when I applied for admission in CT. And since it was the HLS health service psychiatrist who filed the papers to have me civilly committed in 1990, that would have been good info to have. #LawStudentWellness twitter.com/hls_studentgov...

2 MONTHS AGO

**Cindy T. Graham, PhD**
@cindygrahamphd

A4. Become an advocate for change in your state. But take care of yourself first. If you are going to have longevity in your field you must take care of your mental and medical health. #LawStudentWellness #LawStudentMentalHealth twitter.com/abacolap/statu...

2 MONTHS AGO

**ABA COLAP**
@ABACOLAP

Q6: What are some strategies and resources for law students to improve their well-being and get help? #LawStudentWellness pic.twitter.com/pnjwDs0rMp

ABA COLAP @ABACOLAP 2 MONTHS AGO

**Candace**
@RareCandace

Promoting supportive relationships beyond law school is critical. Studying for the bar is extremely stressful. #lawstudentwellness

2 MONTHS AGO
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Students ready to enjoy vegan and veggie fruit smoothies. #lawstudentwellness
pic.twitter.com/Xzjat4YPsa

Brian Cuban
@bcuban
While not all jurisdictions are the same in whether the Lawyers Assistance Program support law students, in Texas The Texas Lawyers Assistance Committee(TLAP) is a great resource for law students and confidential. Your conversation will NOT be disclosed #LawStudentWellness

Brian Cuban
@bcuban
While a handful of law schools have on site staff counselors(I'd love to see this grow). The university at large mental health services are an option #LawStudentWellness

Boston College Law
@BCLAW
Reminder: chime in now until 2 pm on live Twitter chat on law student wellness in recognition of #MentalHealthDay, hosted by @abalsd Commission on Lawyer Assistance Programs and Law Student Division. Follow by tracking tweets and commenting using #LawStudentWellness

Anthony Michael Kreis
@AnthonyMKreis
Law school is tough, especially 1L year. It is easy to paralyze yourself with anxiety and it can snowball. Take time to be good to yourself--eat well, exercise, spend time with loved ones. Be unafraid to go to professors and talk it out. My door's always open. #LawStudentWellness

Brian Cuban
@bcuban
For drug and alcohol issues, some law schools are starting their own support groups. If yours is not one, the university at large may have a student support group for such issues. An example is George Washington University Students For Recovery. #LawStudentWellness
<table>
<thead>
<tr>
<th>Username</th>
<th>Date</th>
<th>Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brian Cuban</td>
<td>2 MONTHS AGO</td>
<td>Of course there are the traditional peer support groups such as Alcoholics Anonymous, Narcotics Anonymous or Gamblers Anonymous, SMART recovery, Celebrate Recovery, There may be a Lawyers, Helping Lawyers in your area. #LawStudentWellness</td>
</tr>
<tr>
<td>Kathy Flaherty</td>
<td>2 MONTHS AGO</td>
<td>@ABACoLAP A5: for me, it meant submitting an affidavit every six months for 9 years. My doctor writing a letter. My getting a call from the grievance committee if the doc’s letter was late. And being told by the judge I should be grateful for the conditional admission #LawStudentWellness</td>
</tr>
<tr>
<td>Law Student Division</td>
<td>2 MONTHS AGO</td>
<td>YES. Take some “me time” or a “personal day” every now and again where you get back to your roots and find familiar surroundings that bring you joy. We all need a break -- even if we don’t feel there’s time. Well, MAKE time. #Endorse #GreatAdvice #LawStudentWellness twitter.com/Mejia1Banessa/...</td>
</tr>
<tr>
<td>Brian Cuban</td>
<td>2 MONTHS AGO</td>
<td>Of course your Dean Of Students can be a great resource. While I can’t speak for every school, the ones I have dealt with have been very knowledgeable in mental health and wellness and willing to help students #LawStudentWellness</td>
</tr>
<tr>
<td>Brian Cuban</td>
<td>2 MONTHS AGO</td>
<td>Your fellow students are a great resource. You would be suprised how many are dealing with the same issues as you or know someone who is #LawStudentWellness</td>
</tr>
<tr>
<td>Brian Cuban</td>
<td>2 MONTHS AGO</td>
<td>Here is a SAMHSA list of peer group support findtreatment.samhsa.gov/locator/link-f... #LawStudentWellness</td>
</tr>
<tr>
<td>ABA for Law Students</td>
<td>2 MONTHS AGO</td>
<td>Another reminder - chime in anytime on your own #LawStudentWellness and get the help you need. twitter.com/BCLAW/status/9...</td>
</tr>
<tr>
<td>Brian Cuban</td>
<td>2 MONTHS AGO</td>
<td>Feel free to email me and I will be happy to help you find a peer support group <a href="mailto:brian@briancuban.com">brian@briancuban.com</a> #LawStudentWellness</td>
</tr>
</tbody>
</table>
Brian Cuban
@bcuban
There are also some good anonymous online support sites. An example is "In The Rooms" intherooms.com #LawStudentWellness

ABA for Law Students
@abalsd
@skynetesq Wow - glad to see the word "lawyer" in your profile now. #LawStudentWellness

UC Berkeley Law
@BerkeleyLawNews
Stress is a fact of law school life. Shame and depression don't have to be. Tune in to the ABA #LawStudentWellness day Twitter convo twitter.com/ABACoLAP/status...

Renee Nicole 💕
@profallentweets
1) The intense, and sometimes competitive, nature of law school can cause students to forget their former selves. Thinking about wellness broadly, success in law school depends on finding balance between school and study. #LawStudentWellness twitter.com/ABACoLAP/status...

Kathy Flaherty
@ConnConnection
@ABACoLAP A6: the Lawyer assistance program in your state. In CT - check out lclct.org. We are lawyers concerned for lawyers - and law students are the future of our profession. We care about you - and your health. We want you to be well. #LawStudentWellness

Katrina Leigh
@katrinaleigh86
I say this always as my answer to this question- the best advice I ever got in LS was to take one day a week off of law school and do something I enjoyed. #LawStudentWellness twitter.com/abacolap/status...

Santo DiGangi
@SantoDiGangi
All Florida lawyers should be checking out the conversation happening on #LawStudentWellness especially those in the @FlaBarYLD and @FlaBarYLDLSD

HLS Student Gov
@HLS_StudentGov
A6: Peer support groups may reduce the isolation that students who are struggling often feel. Our campus health services host groups to work through issues of alcohol and drug use, eating disorder, mental distress, and sexual health. #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

HLS Student Gov
@HLS_StudentGov

A6: Students who are struggling should consider reaching out to their Dean of Students Office for support. @HarvardLawDOS works with students to provide individual accommodations so students can focus on wellness even with a law school workload. #LawStudentWellness

2 MONTHS AGO

New England Law
@newenglandlaw

Today is the @abalsd’s National Mental Health Day for law schools. This p.m, we will encourage #LawStudentWellness during a panel discussion featuring a licensed therapist and recovering lawyer from @LawMarketplace and a recovering student: bit.ly/2pLYGV9

2 MONTHS AGO

UT College of Law
@UTKLaw

We welcome thoughts from our alumni on this issue. #LawStudentWellness
twitter.com/abacolap/status...

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

A6: Social connectedness and feelings of belonging are important to wellbeing. Consider joining student organizations to meet classmates with similar interests. It’s important to have a good support system around you. #LawStudentWellness

2 MONTHS AGO

marcia Sells
@ballerinaDTH

@HarvardLawDOS pleased our students @HLS_StudentGov are part of #LawStudentWellness

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer

The second half of law school, newly sober and no longer using drugs and alcohol to cope, I started doing lots of self-care things. I used a lot of these the second half of law school, when I wasn’t using drugs and alcohol to cope. #LawStudentWellness

2 MONTHS AGO

Renee Nicole 💕
@profallentweets

2) Have a life outside of school, continue to engage with non-law school friends, spend time with your family/support group, exercise, shop, listen to music, find fun things to do in your city on the weekends (festivals, farmer’s markets). Make time for yourself #LawStudentWellness

2 MONTHS AGO

Kathy Flaherty
@ConnConnection

@ABACoLAP A4: GET THE HELP despite the consequences. Your mental health is more important in terms of your whole life. There are people to help you deal with bar admission folks. Hopefully the day will come when bar committees recognize that seeking help is a strength #LawStudentWellness

2 MONTHS AGO
Blake Yagman
@BlakeYagman
5/17/2018

As someone who had a challenging few years in law school, I have one piece of advice: find the things that made you joyful as a child/college student and do your best to incorporate them into your life and even into your work. Know that you deserve joy. #LawStudentWellness

Cindy T. Graham, PhD
@cindytgrahamphd
5/17/2018

A6. Take time for yourself daily. Challenge your negative thoughts. Keep perspective...one mistake does not have to be the end because there are many oaths to your goals. Check extreme thinking. (e.g. never, always, no one, I must). #LawStudentWellness #LawStudentMentalHealth
twitter.com/abacolap/status...

Mistie Bauscher
@bauschlawyer
5/17/2018

One day every week, usually Sunday, I did absolutely nothing related to law school. I went to church, cooked, watched movies, shopped, took my dog for a long walk. #LawStudentWellness

Kathy Flaherty
@ConnConnection
5/17/2018

@ABACoLAP A3: reach out for help - whether that’s family, friends, or professionals. Look for confidential peer support groups. #LawStudentWellness

Mistie Bauscher
@bauschlawyer
5/17/2018

I also learned how to talk about how I was feeling. I accepted it is not weak to admit I am struggling and need some help. I wanted to be perfect, so I was embarrassed for a long time to admit I wasn’t. #LawStudentWellness

Mistie Bauscher
@bauschlawyer
5/17/2018

It was actually empowering to admit my powerlessness and ask for help. #LawStudentWellness

Law Student Division
@FlaBarYLDLSD
5/17/2018

A6: We love the law schools that bring in "comfort animals" (like puppies) for their students during and prior to exam weeks. These events also serve as valuable meet-and-greets for law students to interact and discuss any and all problems they may be having. #LawStudentWellness
twitter.com/ABACoLAP/status...

ABA CoLAP
@ABACoLAP
5/17/2018

Check out the “Voices of Recovery” Podcast Series featuring lawyers who have overcome substance use disorders, mental health issues and addiction. #LawStudentWellness
americanbar.org/groups/lawyer_

https://storify.com/SaraBSmith84/national-mental-health-day-for-law-schools-twitter.html
Organic friendships and having a life outside of law school saved me (both still are 😊) #LawStudentWellness

Practicing lawyers would do well to follow suit! #LawStudentWellness #lawyerwellbeing twitter.com/bauschlawyer/s...

Discover your true character strengths and build your life around them #VIA survey is good free place to start #LawStudentWellness

CoLAP has more #LawStudentWellness resources on its website: americanbar.org/groups/lawyer_...

This #LawStudentWellness, "How to Have a and Why You Should Consider It" via ow.ly/GDLh30j6AFu

Q7: What are law schools and faculty doing to improve their students’ well-being? What can they be doing differently? #LawStudentWellness pic.twitter.com/K52AFcarfs

@ABACoLAP One thing I would like to see are law school wellness committees comprised of all the wellness stakeholders in the school #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Legal Career Central
@abalcc
@BlakeYagman Words to live and thrive by #LawStudentWellness
2 MONTHS AGO

Kathy Flaherty
@ConnConnection
@ABACoLAP A2: because law school can be a miserable place [let’s be real: it’s a tough 3 + years] - I cannot imagine *not* being stressed out or depressed #LawStudentWellness
2 MONTHS AGO

Brian Cuban
@bcuban
1. The Dean of Students. 2. Student reps from all three years. 3. 1 or 2 professors as they, other than the students themselves, are often in the best position to see what is going on day to day and notice things (non-attendance for example) #LawStudentWellness
2 MONTHS AGO

Judy Cotter
@RaeJudyC
It was frustrating to hear my school pay lip service to taking care of oneself and then continue to promote networking events with alcohol, even after some of us requested that they decrease the # of alcohol-oriented events #LawStudentWellness
2 MONTHS AGO

Brian Cuban
@bcuban
4. The law librarian. Yes, they are often in a great position to notice and hear things students are going through. 5. A diversity representative as addiction/mental health issues can be viewed differently by different demographics/cultures #LawStudentWellness
2 MONTHS AGO

Brian Cuban
@bcuban
in an ideal budgetary world, all law schools would have their own on-site counselors or retained counselors who understand the mental health issues and stressors unique to law school. This is not always the case for the university at large services #LawStudentWellness
2 MONTHS AGO

Candace
@RareCandace
Faculty need to recognize wellness goes beyond an honor code or social events. It's also support behind closed doors. #lawstudentwellness
2 MONTHS AGO

Kathy Flaherty
@ConnConnection
@ABACoLAP A1: Kathy, @Harvard_Law Class of 94, @McLeanHospital alum (several times), and currently Executive Director of @CTLegalRights #LawStudentWellness
2 MONTHS AGO
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Blake Yagman
@BlakeYagman

@ReelTimeCLE We all entered law school with our own interests and passions—let them shine through! And always know, that no matter what you’re going through, you are NEVER EVER alone! #LawStudentWellness

ABA for Law Students
@abalsd

#LawLibrariansAreTheCoolest #LawStudentWellness twitter.com/bcuban/status/...

Judy Cotter
@RaeJudyC

Professors need to be trauma- and disability-informed so that students who request accommodations aren’t rebuffed. #LawStudentWellness

Tony T Smith for NV
@TonyT4NV

Excellent advice. Stay healthy and make time for friends/family amidst the grind that is 1L. You’ll make it through it.👍 #LawStudentWellness twitter.com/anthonymkreis/...

Candace
@RareCandace

Creating a culture that supports reaching out starts from the top. Law school is competitive—must counteract that. #lawstudentwellness

Dave Scriven-Young
@AttorneyDSY

@RaeJudyC This is a huge problem in law school and the profession. We are just now seeing bar associations think about having less alcohol at events—the @ABALitigation Section Annual Conference, for example, will have “mocktails”. #lawstudentwellness

The Florida Bar
@theflabar

Take Brian up on this, Florida law students. We’re serious. And so is he about helping. #LawStudentWellness twitter.com/bcuban/status/...

Kathy Flaherty
@ConnConnection

YES. THIS. I know the folks at Connecticut’s law schools have been doing this for years. #LawStudentWellness twitter.com/hls_studentgov...
I'm heartened by the many thoughtful & generous #LawStudentWellness tweets out there. Law students & lawyers face some unique challenges, & any time is a good time to get support. Your health - physical and mental - matters!

One roadblock to sharing my loss was my inability to retain composure explaining my boyfriend's untimely death. #lawstudentwellness

Me too! #LawStudentWellness
twitter.com/bcuban/status/...

That's where I needed help and a support system. I wasn't able to tell my story dozens of times to various staff. #lawstudentwellness

Really great advice on how law students can improve their well-being and get help. Here are some ways that Colorado Law students have gotten involved in the community outside of the law school to maintain balance: colorado.edu/law/ways-get-i... #LawStudentWellness
twitter.com/cindytgrahamph...

Awesome & very generous #LawStudentWellness twitter.com/bcuban/status/...

Great advice, Blake. While learning to "adult," never forget the things that always made you happy as a kid, or teen, or young adult. You can revisit those any time you need it.
#LawStudentWellness twitter.com/BlakeYagman/st...

Hosting North Carolina Legal Assistance Program at #DukeLaw this week #LawStudentWellness
https://t.co/20DiHXvN7q
Hosting North Carolina Legal Assistance Program at #DukeLaw this week #LawStudentWellness
pic.twitter.com/20DiHXvN7q
HLS Student Gov
@HLS_StudentGov

OUR ASK: One thing schools can do is to signal to students that they take mental health seriously, by engaging in a comprehensive survey on their community's mental health. All schools should survey. #lawstudentwellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

We worked with Harvard Law School, Health Services and Dean of Students Office, @HarvardLawDOS, to administer a comprehensive and annual survey in the fall of 2017 #lawstudentwellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

Schools who survey should release their data and foster a community conversation and invite ideas and collaboration to brainstorm policy interventions. Annual surveys can measure the effectiveness of these policy changes. #lawstudentwellness

2 MONTHS AGO

LCL Inc. (Mass)
@LCL_MassLawyers

One last pre-scheduled note to law students in Massachusetts - you're entitled use our FREE and CONFIDENTIAL help! Find more here: ow.ly/gjoZ30jcDR6 Thanks again @abalsd + @ABACoLAP! #LawStudentWellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

University health services should hire more full time therapists, who are present at law schools and who don't require appointments. #lawstudentwellness

2 MONTHS AGO

The Florida Bar
@theflabar

Advice Level 100%. #LawStudentWellness twitter.com/AnthonyMKreis/...

2 MONTHS AGO

June McLaughlin
@ProfJune1

@ABACoLAP Responsibility lies with the Law Schools. This convo is a beginning. Train faculty to notice signs & be proactive. The student is suffering. Its should not be all on them. #LawStudentWellness

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer

My law school has changed so much since I was there. Law student well being is much more of a focus than it was more than ten years ago, so I am not really in the position to say what needs to be different. #LawStudentWellness

2 MONTHS AGO
ABA CoLAP @ABACoLAP

The National Task Force on Lawyer Well-Being released a report w/ recommendations for legal stakeholders to improve the well-being of the legal profession w/ specific recommendations for law schools. #LawStudentWellness lawyerwellbeing.net/recommendation...

HLS Student Gov @HLS_StudentGov

Faculty, administrators, staff, and students who share their stories can help reshape the narrative. mitpress.mit.edu/books/portrait... #lawstudentwellness

ABA CoLAP @ABACoLAP

Access the full report, “The Path to Lawyer Well-Being: Practical Recommendations for Positive Change,” at americanbar.org/content/dam/ab... #LawStudentWellness

ABA CoLAP @ABACoLAP

CoLAP and the Section of Legal Education and Admissions to the Bar JUST launched a new “Path to Law Student Well-Being” podcast series. #LawStudentWellness. Scroll down at: americanbar.org/groups/lawyer...

ABA CoLAP @ABACoLAP

New Path to Law Student Well-Being Podcast Series, Ep. 1, Part 1: Ways individual faculty members can notice, engage with, and support students they suspect are in distress. #LawStudentWellness americanbar.org/groups/lawyer...

HLS Student Gov @HLS_StudentGov

Law schools need to be willing to reimagine legal pedagogy outside the confines of what already exists. bit.ly/2fuVzKf #LawStudentWellness

Candace @RareCandace

It’s also important to design different methods of support for different issues impacting students. #lawstudentwellness

ABA CoLAP @ABACoLAP

New Path to Law Student Well-Being Podcast Series, Ep. 1, Part 2: Steps faculty can take to promote student well-being through their teaching in the classroom and includes concrete actions for law school administrators. #LawStudentWellness americanbar.org/groups/lawyer...
Katrina Leigh
@katrinaleigh86

I'll tell you this law school is hard enough don't suffer in silence! I cannot imagine law school without the friends I made in school or with @abalsd. I also couldn't imagine being an attorney without my friend from @ABAYLD! You have people! Reach out! #LawStudentWellness

ABA CoLAP
@ABACoLAP

1st podcast episode features Dean and Prof. of Law Michael Hunter Schwartz of University of the Pacific’s McGeorge School of Law and Prof. Larry Krieger of the Florida State University College of Law. #LawStudentWellness. americanbar.org/groups/lawyer_... 

Law Student Division
@FlaBarYLDLSD

Yup. Long lines and long waits will detour ANYONE -- no matter how bad you KNOW you need what's at the end of that line. #LawStudentWellness @bcbun twitter.com/HLS_StudentGov... 

ABA CoLAP
@ABACoLAP

Podcast moderator is Professor Susan Wawrose of the University of Dayton School of Law. #LawStudentWellness. americanbar.org/groups/lawyer_... 

Sarah J. S.
@s_james_s

As a professor in our law school's Academic Support Program, I'm honored when law students share their struggles with me & I can help them get more assistance: from the counseling center, Dean of Students Office, or family & friends. Don't suffer alone! #LawStudentWellness

ABA CoLAP
@ABACoLAP

Check out the “Substance Abuse and Mental Health Toolkit for Law Students and Those Who Care About Them,” a collaborative effort of @ABACoLAP, @abalsd, and @NeeFoundation. #LawStudentWellness americanbar.org/content/dam/ab... 

Little Niangua
@LittleNiangua

"Taking care of yourself goes a LONG way." #LawStudentWellness twitter.com/skynetesq/stat... 

Renee Nicole 💕
@profallentweets

Gotta get back to work now, but I appreciate @bcbun @abalsd @ABACoLAP and everyone involved for hosting a great conversation! #LawStudentWellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Kathy Flaherty
@ConnConnection

My DM’s are always open if anyone wants to contact me to continue this conversation
#LawStudentWellness

Blake Yagman
@BlakeYagman

I’m going to be a law professor one day and I won’t allow the aspects of law school that psychologically break people down into my classroom. No more humiliation of students by professors or peers. Lawyering doesn’t have to be hostile or even adversarial.
#LawStudentWellness
twitter.com/reeltimecle/st...

Dan Bowling
@BowlingDan

you might enjoy my 10 Happiness Tips:
#LawStudentWellness

Jillmarie Guarino
@jilly_beanz

I am SO happy #LawStudentWellness is a topic of relevant discussion today! It is so important to refute the stigma and openly talk about our wellness. Not just law students or lawyers, but everyone!

Dan Bowling
@BowlingDan

@BlakeYagman Good for you - no reason for abusive profs #LawStudentWellness

Katrina Leigh
@katrinaleigh86

If you have more questions or just have general life problems my DMs are ALWAYS open!
#LawStudentWellness

Law Student Division
@FlaBarYLDLS

We only live once. This is our only shot. There's no time to be embarrassed -- especially if you need help to live your best life. #LawStudentWellness @bcuban twitter.com/bauschlawyer/s...
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Question 8
Law students: What is one thing you would like to see at your school that would help you reduce stress and/or lead a happier and healthier life?

MISTIE BAUSCHER
@BAUSCHLAWYER
2 MONTHS AGO

#LawStudentWellness pic.twitter.com/hWoDYTvpXG

Dan Bowling
@BowlingDan
2 MONTHS AGO

#LawStudentWellness check out recent article by @DavidJaffe1 on "Loving Law Students" - let me know if you can't find a link

Judy Cotter
@RaeJudyC
2 MONTHS AGO

Schools must provide more support in navigating C&F requirements, and make it clear to students that getting the care they need will not bar them from the profession.
#LawStudentWellness

Brian Cuban
@bcuban
2 MONTHS AGO

My journey is pretty much an open book. I am always willing to offer any insight I can. Shoot me an email at brian@briancuban.com #LawStudentWellness

O Dilla
@KingObi
2 MONTHS AGO

My biggest suggestion is to remember that a law school semester is truly a marathon and not a sprint. Pace yourself so you can still be fresh at end. Burnout is real #LawStudentWellness
twitter.com/profallentweet...

Christa Levko
@ChrisLevko
2 MONTHS AGO

I just want to second every saying that they're available to chat. Anyone, lawyer, law student, whatever, can DM if you want to talk about mental health. #lawstudentwellness

Law Student Division
@FlaBarYLDLSD
2 MONTHS AGO

This. #LawStudentWellness twitter.com/skynetesq/stat...
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Haley Moss
@haleymossart
So glad #LawStudentWellness is happening. Law school is emotionally hard and it's important to support our students.

2 MONTHS AGO

Bazelon Center
@BazelonCenter
Wondering what laws protect you as a student with a mental health disability? Check out our Campus Mental Health FAQ: bit.ly/BCcmhF #LawStudentWellness

2 MONTHS AGO

Katrina Leigh
@katrinaleigh86
DO THIS!! This is my second twitter chat with @bcuban and he is AWSOME!! #LawStudentWellness twitter.com/bcuban/status/...

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer
It would be so cool if a 12 step meeting could use a room in the law school to meet once a week. #LawStudentWellness

2 MONTHS AGO

Mistie Bauscher
@bauschlawyer
Also, if former law students could come speak about their struggles. I usually go to the law schools in Boise once a semester. #LawStudentWellness

2 MONTHS AGO

Candace
@RareCandace
I'd like to see support groups for law students that take place on campus and are confidential. #lawstudentwellness

2 MONTHS AGO

Law Student Division
@FlaBarYLDLSD
Facts. #LawStudentWellness twitter.com/jilhy_beanz/s...

2 MONTHS AGO

Haley Moss
@haleymossart
Hi my name is Haley Moss and I am a 3L at @MiamiLawSchool #LawStudentWellness

2 MONTHS AGO

Judy Cotter
@RaeJudyC
I honestly believe that every law student should consider therapy. Seeing a therapist regularly gave me the tools to handle my stress and workload, and also led me to get diagnosed with ADHD and autism and get needed accommodations #LawStudentWellness

2 MONTHS AGO
ReelTime C.L.E.  
@ReelTimeCLE

Great tweet up, everyone. Very excited about this new generation of law students and the impact they can make on our profession! HMU at chris@reeltimecle.com for info on entertaining & practical CLE programs that advance the cause for practicing lawyers. #LawStudentWellness

Katrina Leigh  
@katrinaleigh86

@skynetesq Thank you for sharing your story!! I admire your strength! #LawStudentWellness

UMass Law Library  
@UMassLawLibrary

The Key to Law Student Well-Being? We Have To Love Our Law Students by David Jaffe  
#LawStudentWellness papers.ssrn.com/sol3/papers.cfm...

ABA for Law Students  
@abalsd

@haleymossart @MiamiLawSchool Hello and welcome, Haley! #LawStudentWellness

The Florida Bar  
@theflabar

Great advice from Dr. Krieger at @FSUCollegeofLaw. #LawStudentWellness twitter.com/ReelTimeCLE/st...

Haley Moss  
@haleymossart

#LawStudentWellness is difficult because we are balancing academics, involvement, potential career implications, family, and a billion other things at once. It is important to take a step back and do what is best for your wellbeing.

Judy Cotter  
@RaeJudyC

Those of us in the profession must advocate for the removal of ableist C&F requirements, and support students and colleagues seeking treatment and/or accommodations  
#LawStudentWellness

HLS Student Gov  
@HLS_StudentGov

Thanks everyone for joining the conversation! It was our honor to participate today. We as a profession have a lot to do! #lawstudentwellness
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

The Florida Bar
@theflabar
This just in: #LawLibrariansAreTheCoolest. #LawStudentWellness
twitter.com/bcuban/status/...

2 MONTHS AGO

https://storify.com/SaraBSmith84/national-mental-health-day-for-law-schools-twitter.html
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Haley Moss
@haleymossart
#LawStudentWellness is also important & interesting to me because I have navigated law school as a student on the #autism spectrum & there aren’t many #ActuallyAutistic lawyers and law students, so I find the intersection of education and developmental disability interesting.

Haley Moss
@haleymossart
PS can I also say it’s cool that @abalsd and @bcuban retweeted me today for #LawStudentWellness

SMACK
@mirandasrevenge
5) The fact that many cases (esp. in Crim Law) have to do with really triggering topics, and the excuse of “I’ve been raped and I’d rather not be cold-called for that case” doesn’t fly in the Socratic Method #LawStudentWellness

Law Student Division
@FlaBarYLDLSD
No, thank YOU for all your wonderful insight, Amanda and HLS Student Gov! Invaluable stuff today for this #LawStudentWellness Twitter chat from @abalsd. twitter.com/HLS_StudentGov...

Lihsa
@lihsa
statebaroftexas: RT @ABACoLAP: Access a directory of state and local LAPs on the CoLAP website. #LawStudentWellness americanbar.org/groups/lawyer... 

Judy Cotter
@RaeJudyC
I applied for and received bar exam accommodations in MA and RI, and passed! My DMs are always open for those who are going through that process, or want tips on navigating work life balance :) #LawStudentWellness

Haley Moss
@haleymossart
Another personal issue in #LawStudentWellness I find worth mentioning is coping mechanisms. I responded to stress through food and poor eating habits since college. We should also be promoting healthy lifestyles overall...finding and adding physical fitness in 3L helped me a lot.

CLA Real Property Law Section
@CLARealProperty
It’s so great to see so much attention being paid to #LawStudentWellness today. Well-adjusted and happy law students become well-adjusted and happy young lawyers (and members of @CLA_CYLA), to all our benefit. #LawyersAreTheCoolest
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Bazelon Center
@BazelonCenter
And if you encounter challenges, there are resources available: bazelon.org/our-work/educa... #LawStudentWellness twitter.com/SteptoeLLP/sta...
2 MONTHS AGO

Mistie Bauscher
@bauschlawyer
#LawStudentWellness thank you for including me in this discussion. It was an honor and a privilege!
2 MONTHS AGO

We want to say thanks to everybody who’s participating today and sharing their experiences and helping to ensure things keep improving on #LawStudentWellness in schools. pic.twitter.com/y4EyywzjU5
2 MONTHS AGO

@haleymossart @abalsd @bcburan ; ) #LawStudentWellness pic.twitter.com/NFFNOM9eRX
2 MONTHS AGO

@ABACoLAP Thank you for initiating this important conversation! #LawStudentWellness
2 MONTHS AGO
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Kathy Flaherty
@ConnConnection
@HLS_StudentGov The important thing is that the conversation has started. We need to keep it going. #LawStudentWellness

Haley Moss
@haleymossart
I’d also like to add to #LawStudentWellness that for @theflabar, I am part of @EthicsInMotion and our most recent CLE that we gave to practitioners at @MiamiLawSchool included a section on lawyer and law student wellbeing, so these issues are being discussed more than ever

Law Student Division
@FlaBarYLDLSD
You're the man, Brian. Best of luck in your continued long-term recovery. Your book - The Addicted Lawyer - is one EVERYBODY in the legal profession should read, whether you have any issues or not. If you don’t, this book could save you from ever having any.
#LawStudentWellness twitter.com/bcuban/status/

We owe a big debt of gratitude to @bcuban @bauschlawyer and @HLS_StudentGov - and to Sara at @ABACoLAP for organizing things today. #LawStudentWellness pic.twitter.com/utsQ2xIal5

Law Student Division
@FlaBarYLDLSD
King Obi spittin' truths, y'all. Law School may FEEL like an episode of "Survivor" sometimes, but it should be more like an episode of "Friends" -- only with the Bar Exam waiting on your in the finale. ;) #LawStudentWellness twitter.com/KingObi/status...
Recap: National Mental Health Day for Law Schools Twitter Chat on 3/28/2018

Thanks to @ABACoLAP and @abalsd for bringing us #LawStudentWellness twitter chat. We were honored to participate, so excited about the abundance of resources for law students and much-needed wellness awareness in the profession! pic.twitter.com/Ecxf7zQBJJ

@abalsd @bcuban @bauschlawyer @HLS_StudentGov @ABACoLAP Agreed. #LawStudentWellness pic.twitter.com/ZZOYsRFcyK

@abalcc @abalsd @bcbuchan @bauschlawyer @HLS_StudentGov @ABACoLAP Fabulous #LawStudentWellness twitter chat today! The resources and discussions were eye-opening and reassuring that we are all working toward a productive path. Looking forward to seeing how the discussion evolves!

Another great thing for #LawStudentWellness... lots of puppies!! ALL THE PUPPIES! 💖 https://t.co/vBcOzOWxcR
WOW, what a showing for today’s #LawStudentWellness Twitter Chat! Thanks to our guests and to everyone else who participated. Let’s keep the conversation going!

americanbar.org/groups/lawyer_...