For National Mental Health Day for Law Schools, March 28, 2018

@OREGON_LAW

In recognition of Mental Health Day for Law Schools, on March 28, 2018 from 1-2pm ET, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the conversation on and around Mental Health Day!

Follow along and join the conversation on March 28 from 1-2PM ET. #LawStudentWellness

Super excited about inaugural @SMU_LawSchool #LawStudentWellness Week centered around ABA for Law Students (@abalsd) National Mental Health Day! pic.twitter.com/YI5m034kQE

Kudos to @westernuLaw and Professor Telfer for this outstanding program. Hoping it spreads throughout the Ontario #lawschool community. #mindfulness #lawstudentwellness

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
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pic.twitter.com/hSQyXNvUy1

#NatSec Law: Beware the Ides of CFIUS! (aka Everything...Up To Gen Mcmaster News) (@NSLpodcast MCH2018) #AppliedLaw #LawStudentWellness @BobbyChesney @Steve_vladeck goo.gl/Ju5Bv3 pic.twitter.com/L8sqwRfGWn

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pic.twitter.com/P7qL5MfigF
March 28 is Mental Health Day. If you attend or teach at a law school, check out the Law Student Wellness Twitter Chat featuring Mistie Bauscher @bauschlawyer, Brian Cuban @bcuban, & Amanda Lee, President of @HLS_StudentGov. When: 3/28, 1-2pm EST How: Search #LawStudentWellness pic.twitter.com/hcm91UkpB2

SETH STOUGHTON @POLICELAWPROF · 2 MONTHS AGO

March 28 is Mental Health Day. If you attend or teach at a law school, check out the Law Student Wellness Twitter Chat featuring Mistie Bauscher @bauschlawyer, Brian Cuban @bcuban, & Amanda Lee, President of @HLS_StudentGov. When: 3/28, 1-2pm EST How: Search #LawStudentWellness pic.twitter.com/hcm91UkpB2

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pic.twitter.com/NSU8g40pAj
In recognition of Mental Health Day for Law Schools, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on March 28 from 1-2pm ET. Use #LawStudentWellness to join the conversation!

americanbar.org/groups/lawyer__... pic.twitter.com/cOmalpUcw2

@OREGON_LAW · 2 MONTHS AGO

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pic.twitter.com/I5Q5ieZvDq

@PELFREYDURYEA · 2 MONTHS AGO

March 28 is National Mental Health Day for Law Schools! #LawStudentWellness

americanbar.org/groups/lawyer__... pic.twitter.com/FziOu62td9

@PELFREYDURYEA · 2 MONTHS AGO
On March 28th, join the @abalsd and @ABACoLAP for a discussion on law student wellness. Join the conversation with #LawStudentWellness pic.twitter.com/YMoEM0M0XV

Make wellness a priority! Enjoy Mental Health Day on 3/28. #LawStudentWellness instagram.com/p/BgoooCgglFd/

In recognition of Mental Health Day for Law Schools, on March 28, 2018 from 1-2pm ET, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the conversation on and around Mental Health Day! pic.twitter.com/tEO9Zs1eW4I
In recognition of Mental Health Day for Law Schools, @ABAcoLAP and @abalsd will be hosting a live Twitter Chat on March 28 from 1-2pm ET. Use #LawStudentWellness to join the conversation!

americanbar.org/groups/lawyer... pic.twitter.com/1tlhwKiebV

UO SCHOOL OF LAW @OREGON_LAW · 2 MONTHS AGO

In recognition of Mental Health Day for Law Schools, on March 28, 2018 from 1-2pm ET, @ABAcoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the conversation on and around Mental Health Day!

pic.twitter.com/DqZuniexPe

WFU SCHOOL OF LAW @WFULAWSCHOOL · 2 MONTHS AGO

@WFULawSchool students can contribute to the March 28 @ABAcoLAP & @abalsd #TwitterChat for a discussion on #LawStudentWellness. bit.ly/2FXsgNm pic.twitter.com/GxLvUBoWQg
STEVE YEAGER @SBYEAGER · 2 MONTHS AGO

Law School Mental Health Day is March 28, 2018. Please join me in helping dispel the myth about mental health and the bar exam. #LawStudentWellness

pic.twitter.com/2kBzOHAWyi
https://t.co/2kBzOHAWyi

LIHSA @LIHSA · 2 MONTHS AGO

statebaroftexas: RT @sbyeager: Law School Mental Health Day is March 28, 2018. Please join me in helping dispel the myth about mental health and the bar exam. #LawStudentWellness

pic.twitter.com/g6JyqYrWqg
https://t.co/g6JyqYrWqg

RUTGERS LAW ⚖ @RUTGERSLAW · 2 MONTHS AGO

In recognition of Mental Health Day for Law Schools, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on March 28 from 1-2pm ET. Use #LawStudentWellness to join the conversation!

americanbar.org/groups/lawyer... pic.twitter.com/nMlfvB2Y8c

RUTGERS LAW 21 @RUTGERSLAW · 2 MONTHS AGO
#LawStudentWellness Tweets

WFU SCHOOL OF LAW
@WFULAWSCHOOL· 2 MONTHS AGO

@WFULawSchool students can contribute to the March 28 @ABACoLAP & @abalsd #TwitterChat for a discussion on #LawStudentWellness. bit.ly/2FXsgNm pic.twitter.com/Npvp8V1uq/

STETSON LAW SCHOOL
@STETSONLAW· 2 MONTHS AGO

This week! Follow along and join in on this important conversation about #lawstudentwellness. pic.twitter.com/AVoDzLwUXG

LOUISVILLE LAW
@LOUISVILLELAW· 2 MONTHS AGO

March 28 is Mental Health Day for Law Schools. Tune in for this important chat hosted by @ABACoLAP and @abalsd #LawStudentWellness #BrandeisLaw pic.twitter.com/W3v5MW8AMA
#LawStudentWellness Tweets

Kelly Brant @KELLYSLAW · 2 months ago

#LawStudentWellness #twitterchat March 28 1-2pm EST
#LawStudentMentalHealth pic.twitter.com/49ISRFzNIV

UO School of Law @OREGON_LAW · 2 months ago

In recognition of Mental Health Day for Law Schools, on March 28, 2018 from 1-2pm ET, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the conversation on and around Mental Health Day!
pic.twitter.com/of4W9UuGTy

@ABAesq #lawstudentwellness pic.twitter.com/ihum3n6ek2

Yale Law OSA @YLS_OSA · 2 months ago
ABA CoLAP
@ABACoLAP
Don't forget, this Wednesday is National Mental Health Day for Law Schools. Let us know what you're doing to improve #LawStudentWellness! buff.ly/2Gub6kU
2 MONTHS AGO

Penn Law
@PennLaw
In recognition of Mental Health Day for Law Schools, on March 28, 2018 from 1-2pm ET, @ABACoLAP and @abalsd will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the conversation on and around Mental Health Day! ⚖️
2 MONTHS AGO

Nicole Salama
@nicole_salama
Join us for a Twitter chat on Law Student Wellness on Mental Health Day - ABA for Law Students abaforlawstudents.com/2018/03/26/twi... #LawStudentWellness with @ABACoLAP and @abalsd #mentalhealth lawstudents
2 MONTHS AGO

Baylor Law School
@BaylorLawSchool
Join in the conversation tomorrow at NOON (1 ET). #LawStudentWellness twitter.com/ABACoLAP/statu...
2 MONTHS AGO

CUMBERLANDLAW
@CUMBERLANDLAW
· 2 MONTHS AGO

Join @ABAesq for a #lawstudentwellness "Twitter chat" tomorrow, March 28. See details here. pic.twitter.com/otWKIdyQel
On 3/28/18 use #LawStudentWellness from 1-2pm ET to follow and join the conversation pic.twitter.com/Cko2cEwPFA

Excited about this very important Twitter chat! Thanks @abalsd #lawstudentwellness pic.twitter.com/vOxh2j7msk

We hope our FL law schools - & YLD leaders - will take part in this Wednesday! @UFLaw @FSUColphaltLaw School @StThomasLaw @StetsonLaw @MiamiLawSchool @StThomasLaw @BarryLaw @StThomasLaw @USDucooleylaw @FloridaCoastal @AveMariaLaw @StetsonLaw @SantoDiGangi @katrinaleigh86 #LawStudentWellness twitter.com/Oregon_Law/sta...
RT @sbyeager #LawSchoolMentalHealthDay is March 28, 2018. Please join me in helping dispel the myth about mental health and the bar exam. #LawStudentWellness buff.ly/2pK6x5s

STEVE KRAMER @KRAMERLAWFIRM · 2 MONTHS AGO

RT @sbyeager #LawSchoolMentalHealthDay is March 28, 2018. Please join me in helping dispel the myth about mental health and the bar exam. #LawStudentWellness buff.ly/2pK6x5s

DNWPelfreyDuryea @pelfreyduryea

Tomorrow is National Mental Health Day for Law Schools! Join the conversation at #LawStudentWellness, 1-2 PM ET. twitter.com/ABAesq/status/...

ABA COLAP @ABACOLAP · 2 MONTHS AGO

Reminder: There will be a live Twitter Chat on #LawStudentWellness tomorrow (3/28) at 1pm ET in honor of National Mental Health Day for Law Schools. americanbar.org/groups/lawyer... pic.twitter.com/7dlUmtQoEr

Meaningful Practice @profcorts

This proud @theflabar member will be taking part! #LawStudentWellness twitter.com/flabaryld/stat...

Seattle U Law School @seattleulaw

It’s Wellness Week! Today we have puppy playtime at noon and @JeffMinneti at 1 talking about what makes lawyers happy. And don’t miss the #LawStudentWellness tomorrow at 10 am. our time. bit.ly/2pLPI2W

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
USC Law Pro Bono
@USCLawProBono

Twitter for Good! Take note students and join in the conversation! #LawStudentWellness
twitter.com/ABACoLAP/status ...

Dayton School of Law
@UDaytonLaw

Excited to take part in this tomorrow! Students have organized a number of activities including, massages, yoga, pet therapy and a talk by the Counseling Center. #LawStudentWellness
twitter.com/ABACoLAP/status ...

KY Lawyer Assistance
@KYLAPtweets

Podcast about #LawStudentWellness. Law school is tough. Learn how to recognize warning signs in yourself or your classmates. #LawyerWellbeing. If you’re in distress, call us @KYLAPtweets. 502-226-9373. Phone answered 24/7. twitter.com/avemarialibrar ...

DNW Pelfrey Duryea
@pelfreyduryea

Tomorrow: #LawStudentWellness. Let’s those of us at the metaphorical front of the classroom be good role models. twitter.com/jeffreyjcohen/...
Thank you @bcuban for sharing your powerful story with @SMULawSchool students to kick off #LawStudentWellness Week! Your authenticity and courage are inspiring. #TheAddictedLawyer 
https://twitter.com/UKLj1rg4BW

STEVE YEAGER @SBYEAGER · 2 MONTHS AGO

Thank you @bcuban for sharing your powerful story with @SMULawSchool students to kick off #LawStudentWellness Week! Your authenticity and courage are inspiring. #TheAddictedLawyer

HOWARD LAW LIBRARY @HUSLLIBRARY · 2 MONTHS AGO

March 28th is the ABA's National #LawStudent #MentalHealthDay. Join us tomorrow for "The Struggle is Real: Let's talk about it", a panel discussion led by Ms. Eileen Santos, HUSL Library's resident #stigmabuster! @HUSLLibrary we support #LawStudentWellness.

pic.twitter.com/INCcRTLnUu

StateBarofNewMexico @StateBarofNM · 2 MONTHS AGO

Don't forget to tune in to tomorrow's twitter chat on #LawStudentWellness at 1-2 pm ET @ABACoSAP
#LawStudentWellness Tweets

NIU COLLEGE OF LAW
@NIU_LAW
·
2 MONTHS AGO

Make sure to check out @ABACoLAP’s Twitter Chat on #LawStudentWellness tomorrow (3/28) at 1pm ET in honor of National Mental Health Day for Law Schools. ow.ly/TePv30jbPft pic.twitter.com/dsplrmuHia

PENN LAW
@PENNLAW
·
2 MONTHS AGO

In recognition of the ABA’s Mental Health Awareness Day on Mar. 28, @PennLaw will be hosting a range of activities throughout the day. Also join @ABACoLAP and @abalsd from 1-2pm ET for a live @Twitter Chat on Law Student Wellness. #LawStudentWellness bit.ly/2GxGesR pic.twitter.com/OGDyK13p4M

YALE LAW OSA
@YLS_OSA
·
2 MONTHS AGO

In recognition of National Mental Health Day for law schools tomorrow - we are screening Inside Out at 6:30! Be there or be... out. @ABAesq #LawStudentWellness pic.twitter.com/p3dn6b0220
It's ABA National Mental Health Day for law students! Follow the discussion on #LawStudentWellness and join our lunch hour panel discussion today in the moot courtroom on cultivating wellness in the legal profession. pic.twitter.com/S2dWcxrII3

UGA School of Law @UGASchoolofLaw 2 MONTHS AGO

It's Nat'l Mental Health Day for #LawSchools TODAY 1-2PM ET Live Twitter Chat on #LawStudentWellness with @ABACoLAP twitter.com/ABACoLAP/status...

MSU Law CSO @MSULawCSO 2 MONTHS AGO

Mental health issues are not uncommon in this profession. Take care of yourself first to be able to do your best work in the job or in the job search. Follow @ABACoLAP for tips, strategies and resources provided to cope with the stress. #LawStudentWellness

UO School of Law @Oregon_Law 2 MONTHS AGO

In recognition of Mental Health Day for Law Schools today, we at #OregonLaw want to ensure our #LawDucks that there are services here at @uoregon that are available. #LawStudentWellness ow.ly/Ncko30iRpnD

Boston College Law @BCLAW 2 MONTHS AGO

Today from 1-2 pm EST: live Twitter chat on law student wellness in recognition of #MentalHealthDay, hosted by @abadal Commission on Lawyer Assistance Programs and Law Student Division. Follow by tracking tweets and commenting using #LawStudentWellness ow.ly/gviZj0jcpYX

FSU College of Law @FSUCollegeofLaw 2 MONTHS AGO

Twitter Chat today, March 28 from 1-2 pm! Use #LawStudentWellness to join the conversation! twitter.com/ABACoLAP/status...

UofSC School of Law @UofSCLaw 2 MONTHS AGO

Today is #NationalMentalHealthDay at #lawschools across the country. Join the @ABAesq student division to promote #lawstudentwellness. twitter.com/ABACoLAP/status...
This is also happening today as part of #LawStudentWellness Week. Join Professor Krieger in Room 208 at 12:30 pm! twitter.com/DeanB_FSULaw/s...

It’s National Mental Health Day for Law Schools! Schools are encouraged to host educational programs that foster breaking the stigma associated with depression and anxiety among law students and lawyers. @ABAsq @bcuban @ABACoLAP #LawStudentWellness bit.ly/2J0c2Fn pic.twitter.com/S6OGBWIAcP

TODAY’S THE DAY! Happy Law School Mental Health Day #LawStudentWellness Don’t miss the live Twitter Chat at 1-2pm EST. Use #LawStudentWellness to join the conversation!!! twitter.com/ABACoLAP/status...

Tune in today for a great Twitter Chat focused on #LawStudentWellness twitter.com/Oregon_Law/status...

Today is @ABAsq’s National Mental Health Day for law schools. ABA has offered podcasts, a live Twitter chat and other resources for faculty and students #LawStudentWellness bit.ly/2DXY82M

In recognition of Mental Health Day for Law Schools, today from 1-2pm, ABA Commission on Lawyer Assistance Programs (CoLAP) and ABA for Law Students will be hosting a live Twitter Chat on Law Student Wellness. Use #LawStudentWellness to join the... uofsclaw.us/2GIXxut
Excited that @unc_law is hosting Gina Cammarano and Tom Roman of the North Carolina Lawyer Assistance Program for National Mental Health Day for Law Schools! #LawStudentWellness cc: @abalsd pic.twitter.com/DdhvbuBfdE

Healthy snacks ready for students as part of Mental Health Awareness Day for law schools with @abalsd and @ABACoLAP. One of a number of wellness related activities planned by students for today. #LawStudentWellness pic.twitter.com/kSpP3e8qrVhttps://t.co/kSpP3e8qrVpic.twitter.com/kSpP3e8qrV

Today is Mental Health Day for Law Schools! At @SMULawSchool, we are having two student sessions - an open discussion on mental health and another on the importance of self-compassion. #LawStudentWellness pic.twitter.com/tCh56aCd32
Today is Mental Health Day for Law Schools. Check out this Twitter chat at 1 pm ET to learn about #LawStudentWellness.pic.twitter.com/Hv94saAtmI

In recognition of Mental Health Day at law schools, the ABA Commission on Lawyer Assistance Programs and Law Student Division will be hosting a live Twitter Chat on law student wellness from 1-2 pm EST today. @ABACoLAP @abalsd #LawStudentWellness pic.twitter.com/cpjc10glkG

#LawStudentWellness Remember to not let this happen again! pic.twitter.com/4GBPq7rUe2
TODAY is National Mental Health Day for Law Schools! At 1pm ET, @ABACoLAP and @abalsd will be hosting a #LawStudentWellness Twitter Chat with guests @bauschlawyer, @bcuban and @HLS_StudentGov. americanbar.org/groups/lawyer... pic.twitter.com/zmMaynollP

#LawStudentWellness Is that the problem with Congress? Too many "Nut" cases? pic.twitter.com/SzznnCLMiu

Ahead of today’s #lawstudentwellness twitter chat, head to the @ABAesq website for podcasts and other materials to promote your mental health! uofsclaw.us/2Ibht38

Today is National Mental Health Day for Law Schools! This ABA Student Lawyer magazine is dedicated to #LawStudentWellness w/ titles "You're right: Law school stress is different" & "Two deans answer the law school wellness questions they hear the most" abaforlawstudents.com/2018/03/26/stu...

Happy Mental Health Day! Remember to take the time to do something to improve your mental health today! Tune in to our Live Chat today from 1-2PM with @abalsd @ABACoLAP #LawStudentWellness
There will be a live Twitter Chat on #LawStudentWellness today at 1pm ET in honor of National Mental Health Day for Law Schools. bit.ly/2J0c2Fn @HLS_StudentGov @ABACoLAP @bcuban @bauschlawyer @ABAesq.png.twitter.com/hKmchVk2DS

In recognition of Mental Health Day for Law Schools today, we at #OregonLaw want to ensure our #LawDucks that there are services here at @uoregon that are available. #LawStudentWellness ow.ly/2eyN30iRpz6

#LawStudentWellness Also known as learn how to sue for Malpractice

Doing a live twitter chat today on law student mental health with the hashtag #lawstudentwellness be sure to let all your law student friends know! It starts at Noon (CT)

It's #LawStudentMentalHealth Day, and our chat is coming up in just under two hours! Join us and @ABACoLAP @bcuban @bauschlawyer and Amanda Lee (@HLS_StudentGov) Follow at #LawStudentWellness. at 1 p.m. abasforlawstudents.com/event/law-stud...
WELL-BEING WEDNESDAY featuring today’s law student wellness twitter chat #lawstudentwellness in recognition of National Mental Health Day for law schools, LAP will be there - we hope you will join us! 12-1P CST pic.twitter.com/QDj00ctpye

DML CSO @CSO121
Stop by the Law Student Wellness Fair in the atrium today from 11am-2pm! #LawStudentWellness #DetroitMercyLaw

Gateway Foundation @RecoverGateway
Tell us how Illinois schools are promoting #LawStudentWellness. @NorthwesternLaw @JMLSChiicago @DePaulLaw @UILRLrev @LoyolaLaw @NIU_Law @ChicagoKentLaw @UChicagoLaw @ISBAlawyer twitter.com/abalsd/status/…

JANET STEARNS @JANETESTEARNS
#LawStudentWellness Mental Health Day at Miami Law...starts soon! pic.twitter.com/YjVOoImV7u
Mental Health Day head scratchers? What a time to be alive. #miamilawschool #lawstudentwellness pic.twitter.com/i6SJCpQeDL

JOSH OLIN @JOLIN0922 · 2 MONTHS AGO

Renee Nicole 💕 @profallentweets

It's time! #lawstudentwellness #WellnessWednesday twitter.com/profallentweet...

ROCKET MATTER, LLC @ROCKETMATTER · 2 MONTHS AGO

Bravo to the ABA for hosting National Mental Health Day today. If you missed our series on the subject, check it out now. This is a critical issue that we all must address. bit.ly/2pMissAE @ABAesq @HLS_StudentGov @bcuban @bauschlawyer @ABACoLAP #LawStudentWellness pic.twitter.com/xRIw6MCTMp

UofSC School of Law @UofSCLaw

Check out these 10 steps to being a happy, healthy and honorable lawyer in honor of #lawstudentwellness on @ABAesq's Law School Mental Health Day? uofsclaw.us/2urvoKl

2 MONTHS AGO
statebaroftexas: RT @sbyeager: Today is Mental Health Day for Law Schools! At @SMU_LawSchool, we are having two student sessions - an open discussion on mental health and another on the importance of self-compassion. #LawStudentWellness pic.twitter.com/XCFUakGslLN

Dan Bowling
@BowlingDan
I am really looking forward to the live chat today #LawStudentWellness - I teach a course on Well-being at #DukeLaw

Renee Nicole 💕
@profallentweets
I would ♥️ to see #LawStudentWellness trending in about an hour. Let’s do this #lawtwitter

DAYTON SCHOOL OF LAW
@UDAYTONLAW
Right now students are getting a lesson on stress, anxiety and negative self-talk and how to deal with all those things from the @univofdayton Counseling Center as part of Mental Health Awareness Day for law schools. #LawStudentWellness pic.twitter.com/gr0DbjdG0U

HLS Dean of Students
@HarvardLawDOS
TODAY from 1:00 - 2:00 PM: Join @ABACoLAP, @abaled and @HLS_StudentGov for a live Twitter Chat on #LawStudentWellness! twitter.com/ABACoLAP/status...
Today is the ABA’s Mental Health Awareness Day. At 1:00pm, join @ABACoLAP and @abalsd for a live @Twitter chat on Law School Wellness. #LawStudentWellness. Also, check out one of the many activities hosted by @PennLaw throughout the day! #lawschool bit.ly/2GxGesR pic.twitter.com/bfXF7aqjcM

ABA for Law Students @abalsd
Get those typing fingers ready! The #LawStudentWellness chat starts in about 15 minutes. twitter.com/DukeLaw/status... 2 MONTHS AGO

ABA for Law Students @abalsd
Our law schools have THERAPY DOGS today, @dog_rates! #LawStudentWellness #AtLeastAn11 twitter.com/UCincinatiLaw... 2 MONTHS AGO
Live look-in at our @FlaBarYLDSL getting ready to take part in @abalsd's #LawStudentWellness Twitter chat today from 1-2 p.m. ... pic.twitter.com/VVeVcy7E5K

June McLaughlin
@ProfJune1
law schools enjoying a bump in applications, be more mindful, care for law students, make better lawyers #LawStudentWellness

ABA for Law Students
@abalsd
In the #LawStudentWellness green room - guest @bcuban talked last year with @goclio on the topic, What I Wish I Knew About Addiction in Law School clio.com/blog/addiction...

Joan Bibelhausen
@mnlcl
looking forward to the chat #LawStudentWellness

DNWPelfreyDuryea
@pelfreyduryea
Lots of ways to become happier and better lawyers. Find out more at #LawStudentWellness in 5 minutes! twitter.com/abaesq/status/...

SMACK
@mirandasrevenge
There are *many* things frustrating about mental illness in law school, but just to take a gander at a few... 1) lack of adequate student health insurance to actually cover psychiatrist/psychologist appointments #LawStudentWellness

Colorado Law
@ColoLaw
In honor of National Mental Health Day for Law Schools, enjoy these 25 quick ways to reduce stress. How many do you incorporate into your daily routine? bit.ly/2GbI25m #LawStudentWellness
2) Professors who have mandatory attendance policies (and "not being able to get out of bed because of crippling catatonic depression" is not an excuse you really feel comfortable telling him or her) #LawStudentWellness
Join now for our Law Student Wellness Twitter Chat! The University of Mississippi School of Law #LawStudentWellness pic.twitter.com/yIcXakGY7u

ABA CoLAP @ABACoLAP

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... 

Reminder - use the #LawStudentWellness tag. We don't want to miss anything you share with us! pic.twitter.com/0cJYLMaA4e

ABA for Law Students @abalsd

Join us - it's happening right now! #LawStudentWellness twitter.com/ABACoLAP/statu...

Mindfulness Affinity Group @MAG_Balance

Find resources for law students at mindfulnesslawsociety.com #LawStudentWellness
ABA CoLAP @ABACoLAP
A big thank you to our guests @banschlawyer, @bcuban and @HLS_StudentGov for their help and involvement #LawStudentWellness.

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

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...

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

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

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.

ABA CoLAP @ABACoLAP
Before we start the chat, here's a quick introduction to @ABACoLAP... #LawStudentWellness
Law school stress is different. We join with our colleagues across the country in raising the issue of #LawStudentWellness. 

[link](https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html)

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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... [link](https://twitter.com/5ZBvK3OdNU)

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Renee Nicole 💕 @profallentweets

Hey @UTKLaw students & alumni, there's a great twitter chat about #LawStudentWellness going on now. Share your thoughts with us and @ahalal @ABACoLAP
#LawStudentWellness Tweets

Christa Levko
@ChrisLevko

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

ABA CoLAP
@ABACoLAP

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

ABA CoLAP
@ABACoLAP

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

ABA CoLAP
@ABACoLAP

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

Law Student Division
@FlaBarYLDLSD

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...

ABA CoLAP
@ABACoLAP

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

IllinoisLAP
@IllinoisLap

@IllinoisLap is ready to rock for today’s #LawStudentWellness Twitter Chat! twitter.com/ABACoLAP/status...
Question 1

Please introduce and tell us a little bit about yourself. #LawStudentWellness

pic.twitter.com/M14rG0L1Dc

ABA COLAP @ABACOLAP · 2 MONTHS AGO

Q1: Please introduce and tell us a little bit about yourself. #LawStudentWellness

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/dn5H30jcDdm. Thank you, @ABACoLAF 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

2 MONTHS AGO

Brian Cuban @bcuban

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

2 MONTHS AGO
Brian Cuban @bcuban

2 MONTHS AGO

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

2 MONTHS AGO

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

Brian Cuban @bcuban

2 MONTHS AGO

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

2 MONTHS AGO

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

Brian Cuban @bcuban

2 MONTHS AGO

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

Brian Cuban @bcuban

2 MONTHS AGO

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

Brian Cuban @bcuban

2 MONTHS AGO

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

UMass Law Library @UMassLawLibrary

2 MONTHS AGO

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

ABA for Law Students @abalsd

2 MONTHS AGO

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

**GRATEFUL AMERICAN®** @JAYCHPJONES 2 MONTHS AGO

Do NOT model yourself after Joe Biden. pic.twitter.com/xTMNecrUSG

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

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

**HLS Student Gov** @HLS_StudentGov 2 MONTHS AGO

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

**HLS Student Gov** @HLS_StudentGov 2 MONTHS AGO

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

**HLS Student Gov** @HLS_StudentGov 2 MONTHS AGO

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

**HLS Student Gov** @HLS_StudentGov 2 MONTHS AGO

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

**HLS Student Gov** @HLS_StudentGov 2 MONTHS AGO

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

**Mistie Bauscher** @bauschlawyer 2 MONTHS AGO

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

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

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

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...
Law School stress is different. We join our colleagues across the country today in raising awareness about this important issue. bit.ly/2plkheoO #LawStudentWellness pic.twitter.com/Edce0F36Ey

Renee Nicole 💕@profallentweets

Thanks for sharing your story @bcuban #LawStudentWellness

ABA COLAP @ABACOLAP 2 MONTHS AGO

Q2: Why is it so important to talk about law student wellness? #LawStudentWellness pic.twitter.com/m1LPmNh4VFA

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 enviorment, is a sign of weakness #LawStudentWellness

2 MONTHS AGO

Brian Cuban
@bcuban
An open conversation may encourage a person to seek help. #LawStudentWellness

2 MONTHS AGO

ARKANSAS LAW SCHOOL
@UARKLAW
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/ep4vpG5aKF

2 MONTHS AGO

ABA for Law Students
@abalsd
@RareCandace Good seeing you! #LawStudentWellness

2 MONTHS AGO

Brian Cuban
@bcuban
An open conversation lets students know that its ok to allow themselves to be vulnerable #LawStudentWellness

2 MONTHS AGO

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
June McLaughlin @ProfJune1
Law Schools need to rethink how we educate on multiple levels, mental health is a primary one. #LawStudentWellness
2 MONTHS AGO

Brian Cuban @bcuban
Vulnerability and Shame are often the gatekeepers to a path to recovery #LawStudentWellness
2 MONTHS AGO

Brian Cuban @bcuban
Talking openly can help a student build their own support network within the law school or university at large #LawStudentWellness
2 MONTHS AGO

Brian Cuban @bcuban
Talking openly can empower students to let other students know when they are struggling #LawStudentWellness
2 MONTHS AGO

Meaningful Practice @profcorts
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 #LawStudentWellness
twitter.com/profcorts/stat...
2 MONTHS AGO

Brian Cuban @bcuban
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
2 MONTHS AGO

Candace @RareCandace
An open conversation with students starts at the top with school administration. If they are silent, students are too. #lawstudentwellness
2 MONTHS AGO

HLS Student Gov @HLS_StudentGov
As students, we are the next generation of lawyers who will inherit and shape the legal profession. #LawStudentWellness
2 MONTHS AGO

HLS Student Gov @HLS_StudentGov
But to take care of our clients requires us to take care of ourselves first. #LawStudentWellness
2 MONTHS AGO

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
ABA for Law Students
@abalsd

@ChrisLevko We’ve seen take an affirmation, therapy dogs, healthy snacks, and a therapy bunny throughout lawschooldom today. It’s great what initiatives everyone’s doing. #LawStudentWellness

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

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

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

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

2 MONTHS AGO

March 28th, official National Mental Health Day for law schools across the country! CLSMF is proud to support & work with organizations breaking the stigma associated with poor mental health among lawyers and law school students.

March 28th, official National Mental Health Day for law schools across the country! CLSMF is proud to support & work with organizations breaking the stigma associated with poor mental health among lawyers and law school students. 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/5aNa30jcu8g @abalsd pic.twitter.com/Grvz6ABgYF

2 MONTHS AGO

ReelTime C.L.E.
@ReelTimeCLE

Because: 1. the spike in vulnerability/susceptibility has been shown to begin in law school. 2. patterns set in law school may be hard to improve in practice; and 3. As ABS Task Force report shows, we have a near-epidemic. Be the change!! #LawStudentWellness twitter.com/abacolap/statu...

2 MONTHS AGO

HLS Student Gov
@HLS_StudentGov

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

2 MONTHS AGO
#LawStudentWellness Tweets

**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 @bcuban, 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

#LawStudentWellness
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

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

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

Research on lawyers: "The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys" #LawStudentWellness journals.lww.com/journaladdicti...

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...

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...
**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/WPy8HYng7

@ABACOLAP · 2 months ago

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

@RareCandace · 2 months ago

Candace @RareCandace

I have unfortunately had friends from school who lost parents and siblings. They lacked support as well. #lawstudentwellness

@RareCandace · 2 months ago

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/...

@ReelTimeCLE · 2 months ago

Candace @RareCandace

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

@RareCandace · 2 months ago

Law Student Division @FlaBarYLDLSD

Truth! #LawStudentWellness twitter.com/HLS_StudentGov...

@FlaBarYLDLSD · 2 months ago

Cindy T. Graham, PhD @cindytygrahamphd

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/status/...

@cindytygrahamphd · 2 months ago
Meaningful Practice @profcorls
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

ABA COLAP @ABACOLAP
· 2 MONTHS AGO
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
2 MONTHS AGO
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...

UMASS LAW @UMASSLAW
· 2 MONTHS AGO
Therapy poodles Harley & Radar are back on campus today at 4pm. #LawStudentWellness pic.twitter.com/jvFyMut5OP

Brian Cuban @bcuban
2 MONTHS AGO
Find a safe setting to tell someone you are struggling #LawStudentWellness
That can be the dean of students, a classmate, your therapist if you 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

"In #Yemen, 1000's dying from preventable diseases as health system falls apart" via BBC pic.twitter.com/WwMU1oMVDX #3YearsOfWarOnYemen #BooPruitt #BREAKING #NationalStudentAthleteDay #fisaa80 #RevolutionCHI #SynapseSummit #LawStudentWellness #progpunchNY

@profallentweets @bcuban Agreed. The lessons are invaluable. #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/...
#LawStudentWellness Tweets

Katrina Leigh @katrinaleigh86

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

HLS Student Gov @HLS_StudentGov

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

Sarah Glassmeyer @sglassmeyer

Definitely talk to someone and get help. You don’t have to suffer. It can be better. #LawStudentWellness twitter.com/ABACoLAP/status...

Katrina Leigh @katrinaleigh86

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

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

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

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

Candace @RareCandace

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

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
Law Student Division  
@FlaBarYLDLSD

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/status...

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

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  
@mncl

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/uJINsWv4VO
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

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

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

Don’t be afraid to get help! You are not alone and there are people who want to help. #LawStudentWellness

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

thanks to everyone sharing their great wellness tips over at #LawStudentWellness twitter.com/ABACoLAP/statu...

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

When the can is kicked down the road because of C &F fears, it can become very easy in law practice to keep kicking it until the consequences catch up with the problem. #LawStudentWellness
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! twitter.com/hls_studentgov...

I speak from experience that students who suffer a trauma may feel uncomfortable crying in front of faculty. #lawstudentwellness

Then it may put a law license at risk or worse. #lawstudentwellness

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

Q: 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
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 picture.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
twitter.com/abacolap/status...

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/status...

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/status...

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

caption.twitter.com/abacolap/status...

ABA for Law Students @abalsd

@janetestearns @MiamiLawSchool Head trips! #LawStudentWellness
twitter.com/abacolap/status...
@ABACoLAP Florida Lawyers Assistance here @MiamiLawSchool today to support Mental Health Day. #LawStudentWellness pic.twitter.com/WBEpYpjdq6

JANET STEARNS @JANETESTEARNS · 2 MONTHS AGO

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

#LawStudentWellness

Question 5

What is conditional admission?

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

Remember to take some time to enjoy your family as part of your law school success! They also miss you and can help take 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

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

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

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
A. 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/statu...

@CindyT.GrahamPhD

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

@MistieBauscher

2 MONTHS AGO

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.

@KathyFlaherty

2 MONTHS AGO

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

@HLS_StudentGov

2 MONTHS AGO

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

@MistieBauscher

2 MONTHS AGO

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

@MistieBauscher

2 MONTHS AGO

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

@MistieBauscher

2 MONTHS AGO

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

@KatrinaLeigh

2 MONTHS AGO

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... #LawStudentWellness
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

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...

Cindy T. Graham, PhD
@cindytgrahamphd

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/status...

ABA COLAP
@ABACOLAP

Q6: What are some strategies and resources for law students to improve their well-being and get help?

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
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 yous 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
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

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

Your fellow students are a great resources. You would be suprised how many are dealing with the same issues as you or know someone who is #LawStudentWellness

Here is a SAMHSA list of peer group support findtreatment.samhsa.gov/locator/link-f... #LawStudentWellness

Another reminder - chime in anytime on your own #LawStudentWellness and get the help you need. twitter.com/BCLAW/status/9...

Feel free to email me and I will be happy to help you find a peer support group brian@briancuban.com #LawStudentWellness

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
2 MONTHS AGO

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...
2 MONTHS AGO

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...
2 MONTHS AGO

Kathy Flaherty
@ConnConnection
@ABACoLAP A6: the Lawyer assistance program in your state. In CT - check out lcelt.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
2 MONTHS AGO

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...
2 MONTHS AGO

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

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
2 MONTHS AGO

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
We welcome thoughts from our alumni on this issue. #LawStudentWellness
twitter.com/abacolap/status... 2 MONTHS AGO

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

@HarvardLawDOS pleased our students @HLS_StudentGov are part of #LawStudentWellness 2 MONTHS AGO

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

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

@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 #LawStudentMentalHealthtwitter.com/abacolap/status... 2 MONTHS AGO

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 2 MONTHS AGO

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 #LawStudentMentalHealthtwitter.com/abacolap/status... 2 MONTHS AGO
Mistie Bauscher
@bauschlawyer

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

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

Mistie Bauscher
@bauschlawyer

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

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

Law Student Division
@FlaBarYLDLSD

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/stats... #LawStudentWellness

ABA CoLAP
@ABACoLAP

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_... #LawStudentWellness

Renee Nicole 💕
@profailentweets

Organic friendships and having a life outside of law school saved me (both still are 😊) #LawStudentWellness

ReelTime C.L.E.
@ReelTimeCLE

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

Dan Bowling
@BowlingDan

Discover your true character strengths and build you life around them #VIA survey is good free place to start #LawStudentWellness
ABA CoLAP @ABACoLAP
CoLAP has more #LawStudentWellness resources on its website here: americanbar.org/groups/lawyer_... 2 MONTHS AGO

Leslie Malone @LeslieAmFun
This #LawStudentWellness, "How to Have a and Why You Should Consider It" via ow.ly/GDLh30j6AFu 2 MONTHS AGO

Question 7

What are law schools and faculty doing to improve their students’ well-being? What can they be doing differently?

Q7: What are law schools and faculty doing to improve their students’ well-being? What can they be doing differently? #LawStudentWellness pic.twitter.com/KS2AFcxrs 2 MONTHS AGO

Brian Cuban @bcuban
@ABACoLAP One thing I would like to see are law school wellness committees comprised of all the wellness stakeholders in the school #LawStudentWellness 2 MONTHS AGO

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
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 number of alcohol-oriented events. #LawStudentWellness

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

In an ideal budgetary world, all law schools would have their own on-site counselors or retained counselor 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

Faculty need to recognize wellness goes beyond an honor code or social events. It’s also support behind closed doors. #lawstudentwellness

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

Excellent advice. Stay healthy and make time for friends/family amidst the grind that is 1L. You’ll make it through it. #LawStudentWellness
Creating a culture that supports reaching out starts from the top. Law school is competitive—must counteract that. #lawstudentwellness

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

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

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/cindygrahamph...
Dave Scriven-Young  
@AttorneyDSY
Awesome & very generous #LawStudentWellness twitter.com/bcuban/status/...

2 MONTHS AGO

The Florida Bar  
@thefabar
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...

2 MONTHS AGO

DAN BOWLING  
@BOWLINGDAN
Hosting North Carolina Legal Assistance Program at #DukeLaw this week #LawStudentWellness pic.twitter.com/20DiHXvN7q

2 MONTHS AGO

HLS Student Gov  
@HLS_StudentGov
OUR ASK: One things 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
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

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

Taking my hat in the kitchen which could extract the juice of two hundred times by a small town. #LawStudentWellness

Advice Level #LawStudentWellness twitter.com/AnthonyMKreis/…

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

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

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...

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

Access the full report, “The Path to Lawyer Well-Being: Practical Recommendations for Positive Change,” at americanbar.org/content/dam/ab... #LawStudentWellness
<table>
<thead>
<tr>
<th>Tweet</th>
<th>Sentiment</th>
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<tbody>
<tr>
<td>CoLAP and the Section of Legal Education and Admissions to the Bar JUST launched a new &quot;Path to Law Student Well-Being&quot; podcast series. #LawStudentWellness. Scroll down at: americanbar.org/groups/lawyer....</td>
<td>Positive</td>
</tr>
<tr>
<td>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....</td>
<td>Positive</td>
</tr>
<tr>
<td>Law schools need to be willing to reimagine legal pedagogy outside the confines of what already exists. bit.ly/2fuVzKf #LawStudentWellness</td>
<td>Positive</td>
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<tr>
<td>It's also important to design different methods of support for different issues impacting students. lawstudentwellness</td>
<td>Positive</td>
</tr>
<tr>
<td>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....</td>
<td>Positive</td>
</tr>
<tr>
<td>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</td>
<td>Positive</td>
</tr>
<tr>
<td>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....</td>
<td>Positive</td>
</tr>
<tr>
<td>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 @bcuban twitter.com/HLS_StudentGov...</td>
<td>Positive</td>
</tr>
<tr>
<td>Podcast moderator is Professor Susan Wawrose of the University of Dayton School of Law. #LawStudentWellness. americanbar.org/groups/lawyer....</td>
<td>Positive</td>
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</tbody>
</table>
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 @bcuban @abalsd @ABACoLAP and everyone involved for hosting a great conversation! #LawStudentWellness

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 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!

Jillmarie Guarino @jillyy_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
2 MONTHS AGO

Law Student Division
@FlaBarYLDSL
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 @bcban twitter.com/bauschlawyer/s...
2 MONTHS AGO

#LawStudentWellness

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?
#LawStudentWellness pic.twitter.com/hWoDYTvpXG
MISTIE BAUSCHER @BAUSCHLAWYER 2 MONTHS AGO

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

Judy Cotter
@RaeJudyC
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
2 MONTHS AGO

Brian Cuban
@bcuban
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
2 MONTHS AGO

O Dilla
@KingObi
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...
2 MONTHS AGO
Christa Levko
@ChrisLevko

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

2 MONTHS AGO

Law Student Division
@FlaBarYLDLSD

This. #LawStudentWellness twitter.com/skynetesq/stat...

2 MONTHS AGO

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
@bausclawyer

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
@bausclawyer

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/jilhey__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
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

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@reeltimcle.com for info on entertaining & practical CLE programs that advance the cause for practicing lawyers. #LawStudentWellness

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

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

#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.

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

Thanks everyone for joining the conversation! It was our honor to participate today. We as a profession have a lot to do! #lawstudentwellness
The Florida Bar
@theflabar

This just in: #LawLibrariansAreTheCoolest. #LawStudentWellness
twitter.com/bcuban/status/…

2 MONTHS AGO

#LawStudentWellness

Questions?

#LawStudentWellness Does anyone have any questions? pic.twitter.com/VTM0PvNzsS

MISTIE BAUSCHER @BAUSCHLAWYER 2 MONTHS AGO

O Dilla
@KingObi

Oh and Make Friends. You are not on an episode of Survivor. This is real life. My law school classmates help me get thru the roughest of times during school. #LawStudentWellness

2 MONTHS AGO

Betsy Gutting
@BetsyGutting

One key marker of well-being in law school and beyond is being authentic. If you feel like you have to be someone else, hide something about yourself, or stuff your truth, talk to someone you trust. You’re worth this and more! #LawStudentWellness

2 MONTHS AGO

Brian Cuban
@bcuban

It was an honor to participate in such an important and far reaching discussion. Thank you #LawStudentWellness

2 MONTHS AGO

Katrina Leigh
@katrinalegh86

Thanks to @ABACoLAP, @abalsd, and @bcuban for hosting this chat! We need to continue this discussion until no one is afraid to get help! #LawStudentWellness

2 MONTHS AGO
“Exhausted and anxious” is the default state for law students, and because we’re all type-A dingusses we compete over who’s the MOST exhausted and anxious. Don’t participate in that competition. Your bed is your friend. #LawStudentWellness pic.twitter.com/pdJ79OQDpb

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

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
2 MONTHS AGO
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
2 MONTHS AGO
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
2 MONTHS AGO
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

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

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

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/y46yywjtUS

ABA FOR LAW STUDENTS @ABALSD · 2 MONTHS AGO
@haleymossart @abalsd @bcuban ; ) #LawStudentWellness pic.twitter.com/NFFNOM9eRX

@ABCoLAP Thank you for initiating this important conversation! #LawStudentWellness

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

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.

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/utsQ2xIalS

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...

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/ECxT7zQBJJ
@abalsd @bcuban @bauschlawyer @HLS_StudentGov @ABACoLAP Agreed. #LawStudentWellness pic.twitter.com/ZZOYsRFcyK

Legal Career Central
@abalcc
@abalsd @bcuban @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!

ABA CoLAP
@ABACoLAP
Thanks so much for joining us for the #LawStudentWellness chat today!
Timely #LawStudentWellness event at Arizona Law today - How I Got Into Law School (Or: Lies My Imposter Syndrome Tells Me). Workshop reflecting on how imposter moments impact your psyche and career, how to overcome those UNTRUE thoughts about not belonging. Room 118, 12-1 pm
pic.twitter.com/T6NeQk8br

The Florida Bar is doing SO much in the arena of mental health and wellness for its members right now. There’s this: floridabar.org/news/need-help... And this: floridabar.org/about/cmtes/cm... And (most importantly) this: floridabar.org/member/healtha... #LawStudentWellness @bcuban @SantoDiGangi
twitter.com/haleymossart/s...

We’ve presented on mental health and #LawStudentWellness and attorney wellness at our CLEs! @theflabar members learned from us about lawyer wellbeing & heard from the Lawyer Assistance Program as well. Mental health is very important to today’s practice of law.

And we really appreciate all your efforts at the #lawschool level, @EthicsInMotion! Keep up the great work! #LawStudentWellness twitter.com/EthicsInMotion...
Our students are our greatest asset. We join @ABACoLAP and @abalsd today in reminding them.
bit.ly/2pKheoO #LawStudentWellness pic.twitter.com/Z7kSBYm63I

Miranda Johnson
@JohnsonMirandaB

Law school is an important time to develop positive coping skills to handle stress and anxiety. We created resources @LoyolaLaw on receiving feedback, mindfulness, meditation, and health and wellness. #LawStudentWellness luc.edu/law/resources/...

SUZI SANDERS
@SUZISCATLOVER

#LawStudentWellness it’s only been 2 hours since you fell asleep! pic.twitter.com/MOX3ndm3WL
#lawstudentwellness practicing gratitude #ustlawmn pic.twitter.com/SkLtNbRjxo

JUDITH RUSH @JMRUSHLAWYER · 2 MONTHS AGO

#lawstudentwellness #ustlawmn pic.twitter.com/1QfmraAUFa

JUDITH RUSH @JMRUSHLAWYER · 2 MONTHS AGO

EffortlessLegal @EffortlessLegal

#LawStudentWellness #WednesdayWisdom twitter.com/ahsld/status/...

2 MONTHS AGO
Massages for our law students for Mental Health Week!! #lawstudentwellness #ustlawmn pic.twitter.com/kShy2tsYU

JUDITH RUSH @JMRUSHLAWYER · 2 MONTHS AGO

I was late to the live #LawStudentWellness conversation, but I will move the conversation to the "next steps" @ABAesq @ABAYLD @theflabar and others should look at to continue this conversation. First, transcribe these tweets into content for your websites, citing those who...

Ben Chase @BenGChase · 2 MONTHS AGO

ABA CoLAP @ABACoLAP

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_...

ABA CoLAP @ABACoLAP · 2 MONTHS AGO

Katrina Leigh @katrinaleigh86 · 2 MONTHS AGO

@BenGChase @ABAesq @ABAYLD @theflabar These are such great ideas!! It's one thing to talk about #LawStudentWellness it's another o turn these talks into actions!

Katrina Leigh @katrinaleigh86 · 2 MONTHS AGO

Southern Recovery @SRAAdvocacy

From inmate to law student to the public defenders office. @Legal_Rebel discusses his journey with Substance Use Disorder, the CJS and how it impacts our society as a whole. @TEDxUnivMS @TEDTalks @WellnessForLaw #LawStudentWellness tedtv.blogspot.com/2018/03/no-mat...

Southern Recovery @SRAAdvocacy · 2 MONTHS AGO
Drinking my Mental Health Day smoothie and checking on tomorrow's events! #lawstudentwellness #ustlawmn pic.twitter.com/2ZM9MotGKZ

JUDITH RUSH @JMRUSHLAWYER · 2 MONTHS AGO

Honored to take on this new journey working on this blog through school. #LawStudentWellness is important! There are so many options available to students and lawyers alike. Don't be afraid to seek the help you feel you need. twitter.com/thelawgirls/st...

Bunni Kuddlez @LVLollyPopKid · 2 MONTHS AGO

The latest LSAT & Law School! paper.li/LSATGetPrepped... Thanks to @Prof_Bruckner @nekohiroko_222 @AnneLafarre #lawstudentwellness #devops

LSAT Get Prepped @LSATGetPrepped · 2 MONTHS AGO

Thank you to Ann Marie Cowdrey and Kelly Rentzel for speaking to @SMULawSchool students today about Remedies for a Brain in Breach. Inspiring stories of @SMU alums and successful attorneys! #LawStudentWellness pic.twitter.com/2gcZhJXKH

STEVE YEAGER @SBYEAGER · 2 MONTHS AGO
Steve Klepper
@MDAppeal
I’ll always remember the talk @UVAlaw Prof Barbara Armacost gave during 1L torts. You’re the same person before and after you get your grade. Just as smart. Just the same worth as a person. #LawStudentWellness

JANET STEARNS
@JANETESTEARNS
Smoothies for all @MiamiLawSchool #lawstudentwellness pic.twitter.com/6RwidCCo8a

Justin Devendorf
@JayDevvvv
@bcuban Or probably because any disclosure will come up on our Character and Fitness evaluation. #LawStudentWellness

Justin Devendorf
@JayDevvvv
@bcuban Doesn’t seem like a safe environment when your mental illness/substance abuse comes back to haunt you. #LawStudentWellness

ABA CoLAP
@ABACoLAP
Check out the Voices of Recovery Podcast Series featuring lawyers who have overcome substance use disorders, mental health issues and addiction. americanbar.org/groups/lawyer... #LawStudentWellness

JDetroit
@JDetroit
#lawstudentwellness #nationallawstudentmentalhealthday #detroitmercylaw twitter.com/abald/status/...

ABA CoLAP
@ABACoLAP
CoLAP has more #LawStudentWellness resources on its website here: americanbar.org/groups/lawyer... #LawStudentWellness
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. lawyerwellbeing.net/recommendation... #LawStudentWellness

@JayDevvvv

I'm not disagreeing with you, I'm just saying its a messed up system that doesn't put the needs of #LawStudentWellness first and it's not going to change anytime soon.

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

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. americanbar.org/groups/lawyer... #LawStudentWellness

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. americanbar.org/groups/lawyer... #LawStudentWellness

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. americanbar.org/groups/lawyer... #LawStudentWellness

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

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. americanbar.org/content/dam/ab... #LawStudentWellness
Dicta @LawSchoolDicta

As someone who has experienced anxiety and depression, I take #LawStudentWellness very seriously. What are some ways you wish law school culture would change to foster a better wellness-focused community?

Justin Devendorf @JayDevvv

@bcuban It's not a matter of being afraid. I just don't think I should have to disclose it. Period. It's absolutely none of their business, they aren't medical doctors so they can't help treat me, and I'm skeptical that it wouldn't be used against me. #LawStudentWellness

Amanda Kranz @RedKranz

The grass is greener where you water it. Focus on your workload and don't waste time comparing yourself to others. #LawStudentWellness

Michael Avitzur @MikeAvitzurBBA

Lots of good tweets floating around today on #LawStudentWellness, including a full-on Twitter symposium on the topic this afternoon from @HLS_StudentGov twitter.com/HLS_StudentGov ...

CounselorsAssociates @CounselorsAssoc

We applaud those participating in the conversation on #LawStudentWellness!Burnout is real. Take the lead on your mental wellbeing. Seek mentorships. Talk. Share your concerns. #MentalHealthMatters #mentalhealth #mentalwellness #mentalwellbeing

MIAMI LAW SCHOOL @MIAMILAWSCHOOL · 2 MONTHS AGO

Today #MiamiLaw and the American Bar Association are celebrating #LawStudentWellness. #TreatYourself to a free smoothie or a massage then join special guests from the ABA and Miami Law for the Wellness Twitter Chat. @bauschlawyer @bcuban @HLS_StudentGov @ABACoLAP @abalsd pic.twitter.com/qA73A2iiL3

MIAMI LAW SCHOOL · 2 MONTHS AGO
@wlulaw, we celebrated ABA Mental Health Day with a full on Mental Health Fair! Vendors for yoga/Pilates, Student Counseling, and free Ben and Jerry's with fresh made waffle cones galore! 😄 #LawStudentWellness #LawStudentMentalHealth
https://t.co/uiLKclO

*Looks at the Mental Health Day tags not knowing what to expect*
*Cries because there are so many*
Especially in these difficult, divide times for many, it’s so good to see so many concerned and fighting for these issues. Thank you 😊 #LawStudentWellness #LawStudentMentalHealth

It’s Nat’l Mental Health Day for #LawSchools Check out the new podcast series “Path to Law Student Well-Being” from @ABACoLAP #LawStudentWellness twitter.com/ABACoLAP/status... 

statebaroftexas: RT @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, americanbar.org/groups/lawyer... #LawStudentWellness

Guest post by @UGASchoolofLaw Assoc Director of Student Affairs Alex Sklut for Nat’l Mental Health Day for #LawSchools bit.ly/2E2rFZd #LawStudentWellness pic.twitter.com/y27HA8gagQ
The @abalsd Twitter chat has been over for about 2 hours now. But we ENCOURAGE you to go search #LawStudentWellness and sift through some of the amazingly on-point things that were tweet ed today (and add your own comment, if you feel inclined). 📻@MichaelHiger1 @criminalDfense twitter.com/theflabar/stat...

It’s #NationalMentalHealth day for law school! I want to chat about it. Putting a pin in this for later tonight, as I ironically don’t have a moment between commitments to reflect right now. I’d love to hear folks’ thoughts meanwhile. #LawStudentWellness pic.twitter.com/yKrs3CLMuB

One of the worst things you can do from a #LawStudentWellness standpoint is to get stressed out and allow that to manifest itself physically over things that are out of your control.

You can’t help others if you can’t help yourself. Today is #LawStudentWellness day and we, along with @abalsd and @ABACoLAP encourage all law students to be mindful of their mental health. bit.ly/2pfheeoO pic.twitter.com/6t34cBilX
#LawStudentWellness # sex # #LawStudentWellness

Angela Morris @AMorrisReports

I just tuned into the #LawStudentWellness convo on Twitter. Good to see students & schools discussing this. I covered some coping mechanisms for law student stress & anxiety in this piece for @TexasLawyer law.com/texaslawyer/20...

@ABACoLAP @ABAYLD You May Also Like @ABAesq’s The Lawyer’s Light a book

#LawStudentWellness #LawyersLight #meditations available @ShopABA; product code: 5460212.
pic.twitter.com/7pklKgVjVO

Kendall Burchard @ktburchard

I send this article out every exam season. The pressure to succeed may be intense in law school, but good things come to those who hustle. Opportunities are out there, and perspective is everything. #LawStudentWellness hlrecord.org/2012/01/before...
Encouraging @SMULawSchool students to go easier on themselves. Self-compassion can improve mental health. Thank you Betty Ungerman - great @SMU alum and friend of the law school. #BeKindToYourself #LawStudentWellness pic.twitter.com/s72DChCuoP

@TechLawLibrary
@TTU_Law students, did you know there are puzzles and games in the law library's Collaborative Commons to help you de-stress? #LawStudentWellness

@TechLawLibrary
Students, lots of good advice on mental wellness during law school being dispensed today at #LawStudentWellness. Check it out!

@ABACoLAP You will find this @ABAesq book helpful, The Lawyer’s Light @ShopABA: product code: 5460212. 365 #meditations to assist in #recovery and regaining your #mentalhealth. #LawStudentWellness #Lawyerwellness pic.twitter.com/FE0SMzTpnb

We're highlighting some of our resources that can help support #LawStudentWellness today. pic.twitter.com/440pAt1z0
="ABA CoLAP" aims to educate the legal profession so that stigma does not stand in the way of prevention and treatment." #LawStudentWellness #LawyerWellness #Health #WellnessWednesday twitter.com/ABACoLAP/status/

"McGeorge @PacificMcGeorge Check out the new "The Path to Law Student Well-Being" @ABAesq podcast series. The inaugural 2-part episode features #McGeorge @deannhmchswartz, @FSUCollegeofLaw Prof. Larry Krieger, moderated by @univofdayton Prof. Susan Wawrose: goo.gl/cXZqi. #LawStudentWellness twitter.com/ABACoLAP/status/

"Kelby @KelbyMoon @abalsd 2 panic attacks and at least 2-3 anxiety attacks in the past two semesters alone, comforting to know others have similar struggles #LawStudentWellness

"Alix Orlando @AlixOrlando Celebrate Law Students' Mental Health Day by asking a law student you love if they're okay. :) And if you're a law student who needs help, you are not alone. We can get through this together. #LawStudentWellness #AJMLS

"DNWPelfreyDuryea @pelfreyduryea 1/ Thanks to all—@bcbana, @HLS_StudentGov, @ABACoLAP, @abalsd, etc.—for #LawStudentWellness today. As we keep advancing the cause, I do think it's important that we be able to distinguish between being stressed and worried versus experiencing clinical depression, anxiety, etc.

"ARKANSAS LAW SCHOOL @UARKLAW presents a quote from Justice Thurgood Marshall in honor of Mental Health Day. #LawStudentWellness pic.twitter.com/cPulI2AMlI

"None of us got where we are solely by pulling ourselves up by our bootstraps. We got here because somebody bent down and helped us pick up our boots.”

– Justice Thurgood Marshall

#UARKLaw
<table>
<thead>
<tr>
<th>Twitter User</th>
<th>Tweet</th>
</tr>
</thead>
<tbody>
<tr>
<td>UT COLLEGE OF LAW</td>
<td>Law school is stressful. Getting help the help you need to handle the pressure just makes sense. @abalsd @ABACoLAP ow.ly/c39F30jcMgT #LawStudentWellness</td>
</tr>
<tr>
<td>SYRACUSE L. REV.</td>
<td>On this #lawstudentwellness day, our members are trying to be mindful of health in all its forms. Thanks to the ABALSD for hosting the online chat today! twitter.com/njlj/status/97...</td>
</tr>
<tr>
<td>Cindy T. Graham, PhD</td>
<td>Living life by taking part in pleasurable activities is a great way to cope with mental illness as well as a great way to deal with any stressful situation be it school, work, home life, etc. #LawStudentWellness #LawStudentMentalHealth twitter.com/cololaw/status...</td>
</tr>
<tr>
<td>ReelTime C.L.E.</td>
<td>That’s a strong lineup-two law profs on the cutting edge of pedagogy &amp; #LawStudentWellness ! twitter.com/abacolap/statu...</td>
</tr>
<tr>
<td>Bazelon Center</td>
<td>#LawStudentWellness twitter.com/BazelonCenter/...</td>
</tr>
<tr>
<td>Maria Blaeuer</td>
<td>I was honored &amp; just plain thrilled to be back at @howardlawschool talking about #LawStudentWellness today - remember that #SelfCare &amp; loving your own glorious self is also a form of fighting for better world! Good luck with exams!!!</td>
</tr>
<tr>
<td>Katrina Lee</td>
<td>In business of law class today, we talked mental health in the legal profession, not bc it’s Mental Health Day, but bc students happened to be scheduled to present their research on the topic. Mental health shld be discussed in the classroom. #lawstudentwellness @ABACoLAP @abalsd twitter.com/ABACoLAP/statu...</td>
</tr>
</tbody>
</table>

https://storify.com/SaraBSmith84/law-school-mental-health-day-lawstudentwellness-tw.html
A tip from Justice Ruth Bader Ginsburg, via #UARKLaw in honor of Mental Health Day.
#LawStudentWellness pic.twitter.com/y5meIJdVua

Alyssa Leader @ALittleLeader · 2 months ago
#NationalMentalHealth day for law school is winding down, so I want to share about a big mental health related problem I think we need to grapple with in our field. Law school and the practice of law are inaccessible to people who have experienced trauma. #lawstudentwellness pic.twitter.com/1hdRjkZ9E1

Tina El Fadel @MsTEsquire08 · 2 months ago
#LawStudentWellness what helped me, a lesson I learned from Dory: just keep swimming, just keep swimming. Look forward, take time for you, all will get done. Get a summer internship, even if unpaid, some small firms will teach you more of basics like e-filing than law school
"If you would only recognize that life is hard, things would be so much easier for you."

~ Justice Louis Brandeis

Our final quote in honor of Mental Health Day comes from Justice Louis Brandeis.

Mary Ellen Maatman
@MaryEllenMaatma
I echo this very sound advice. Don't take a grade (good or bad) as an enduring label for who you are. Keep moving forward. Professors can help you with that. Seek them out. We're here.

Teresa MiguelStearns
@TMiguelSt
#LawStudentWellness twitter.com/yalelawlibrary...

Abby Anne Cazel
@abbyannecazel
Maybe for starters we shouldn't have to be ranked against each other #LawStudentWellness #justsayin #ComparisonIsAThiefOfJoy

Geena Kandel, president of Miami Law's mindfulness student organization, exploring gratitude practice with fellow students. #LawStudentWellness pic.twitter.com/YwgGUqMTvR
The one day a year when "bounce" is on my list of things to do!! #ustlawmn #LawStudentWellness
pic.twitter.com/66gArHOaMa

JUDITH RUSH @JMRUSHLAWYER · 2 MONTHS AGO

#CrumblingLawyers Celebrate Law Students' Mental Health Day by asking a law student you love if they're okay. :) And if you're a law student who needs help, you are not alone. We can get through this together. #LawStudentWellness @AllardLaw @TRULaw_SLS @...lnkd.in/ge_my4U

LCC DomBautista @LCCDomBautista · 2 MONTHS AGO

We have a Florida Lawyers Assistance meeting at Miami Law once a week. #LawStudentWellness twitter.com/bauschlawyer/s...

Janet Stearns @janetestearns · 2 MONTHS AGO

Midget sues grocery, cites belittling remarks. #Headlines #meme #LawStudentWellness #iamwriting pic.twitter.com/0nI4lYNvH1

MIRROR IMAGE COMICS @STEPHEN_LAY · 2 MONTHS AGO
Our law school’s bouncy house is bigger than your law school’s bouncy house. @USTLawMN #LawStudentWellness pic.twitter.com/3KJSd5UIDk

Judith Rush @jmrushlawyer

And thank you Minnesota Lawyers Mutual for your support! #LawStudentWellness #ustlawmn twitter.com/ustlawmn/status...

Janet Stearns @janetestearns

americanbar.org/groups/lawyer ... So excited about our new podcast series launched just in time for Mental Health Day. @ABACoLAP brings together great people. #LawStudentWellness

#Repost @rkvischer Our law school’s bouncy house is bigger than your law school’s bouncy house. @USTLawMN #LawStudentWellness bit.ly/2E4RHO pic.twitter.com/95LZIfYysg
Wrapping up #LawStudentWellness Week @SMULawSchool with Color Me Calm! Coloring focuses your mind on task at hand - which doesn't leave room for it to focus on stress.

pic.twitter.com/hnMuT5pa7S

Nutrition is fundamental to brain health. Thanks to Elisabeth Wilson -@SMULawSchool alum and editor of How to Feed a Brain - for sharing tips on how to achieve optimal brain health thru nutrition, mindfulness, and meditation. #LawStudentWellness pic.twitter.com/dnZWQxfUxB
You should be looking for a law school that's a good fit. This includes the atmosphere of the law school, the location, and the price. While rankings exist, there are many excellent schools that may not be in the top 10 that are great options for you.

Choose a law school that's a best fit FOR YOU! #lsat #LawStudentWellness #lawschool #lawschoolacceptance pic.twitter.com/pmBdcC21o7

@MLAWSCHOOLGURU

#ThrowbackThursday to our All Class Reunion at @NovaSE Shepard Broad Law. See! Lawyers can have fun 2! #ladylawyerdiaries #LawStudentWellness #girlsjustwanttohavefun #lawyer #bossladies pic.twitter.com/I44dfIjpa

@MSTESQUIRE08
In honor of National Mental Health Day yesterday, Drake Law School offered students a chance to engage in activities that promote well-being. Learn more about thriving in law school:
libguides.law.drake.edu/help #LawStudentWellness pic.twitter.com/Or6MShtOOr

The Other View
@ojs53
2 MONTHS AGO
@ftcompanies Good cause, but could do better to strike against choking supply and controlling competition & regulations. The solution is to do more for the deregulation of the legal industry. #LawStudentWellness #LawSociety @FT @BBCNews. #throwingthebabyoutwiththebathwater!

ABA CoLAP
@ABACoLAP
2 MONTHS AGO
Wellness at the the Law School: Promises to Keep and Miles to Go Before We Sleep | Opinion | The Harvard Crimson #LawStudentWellness thecrimson.com/article/2018/3...

ReelTime C.L.E.
@ReelTimeCLE
2 MONTHS AGO
THIS! (Here's hoping many more similarly situated lawyers will have the courage to follow suit.) #LawStudentWellness #lawyerwellbeing twitter.com/abacolap/statu...
#LawStudentWellness Week continued w/ STEP safety training, Prof Krieger’s "How to Create Your Happy Future" presentation, Tea & Scones w/ @DeanB_FSULaw, and yoga in the Rotunda.

pic.twitter.com/ybBEQp4dTF
https://t.co/ybBEQp4dTF
https://t.co/ybBEQp4dTF
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https://t.co/ybBEQp4dTF
https://t.co/ybBEQp4dTF

#LawStudentWellness! The Instituto de Salud Mental de la Abogacía - Mental Health Institute of Legal Professions (ISMA-MHILP) wants to improve Spanish lawyers’ and law students’ wellbeing. For this reason, we want to learn from @ABACoLAP. saludmentalabogacia.org/en/

#LawStudentWellness Week continued yesterday w/ @Kitchenable Cooking School and Catering’s crockpot cooking class, "Slow Cooking for a Busy Life." Use code Law2018 for $5 off your next cooking class! Don’t forget to eat well and take care of you! #FSULaw #WellnessWeek

pic.twitter.com/2VB3QQ0z64

RT @abalsd: And thank you too - for the webinar and the Student Lawyer article on law school stress! #LawStudentWellness abaforlawstudents.com/2018/03/01/you...
In honor of #LawStudentWellness Week we want to remind you about the January @FLBarNews Mental Health & Wellness issue featuring our own Prof. Krieger’s article, “The Surprising Master Key to Happiness and Satisfaction According to Lawyer Research.” bit.ly/2uuzw8F

RT @AlixOrlando: Celebrate Law Students' Mental Health Day by asking a law student you love if they're okay. :) And if you're a law student who needs help, you are not alone. We can get through this together. #LawStudentWellness #AJMLS

RT @UTKLaw: Law school is stressful. Getting help the help you need to handle the pressure just makes sense. @abalsd @ABACoLAP ow.ly/c39F30jcMgT #LawStudentWellness pic.twitter.com/CdnW55xLPK

What floors in the Law Library at @UMDLaw will you visit today? Our first floor is the quietest, second floor is the busiest, third floor is the warmest, and fourth floor has the outdoor terrace! See our library map to plan your visit: law.umaryland.edu/marshall/about.... #lawstudentwellness

You're not alone at @UMDLaw! Reach out to your legal research prof. Access resources for #LawStudentWellness at the @UMBaltimore campus Wellness Hub—request a workshop at @UMDLaw, engage in health + wellness activities, and learn life balance strategies: umaryland.edu/wellness/ twitter.com/ABACoLAP/status...
Thank you to @SRMHughes for joining us at @OSU_Law to discuss “Tackling the Pink and Purple Elephant in the Room: Attorneys and Mental Illness.” #lawstudentwellness pic.twitter.com/Fa10Q7pTA7