

Liberty University School of Law
Student Well-Being Resources
2022-2023

Liberty University School of Law acknowledges that there are law students across the country who have difficulty maintaining proper health and wellness during their time in school. Our school believes that proactive steps should be taken to prevent our students from facing these same health and wellness concerns. If you are a law student who is facing difficulties with your mental or physical well-being, we ask that you use the resources below to help overcome them.

Should you have questions regarding student well-being or the resources available to our law school community, please contact:

- David Miller, Associate Dean for Administration & Student Development – damiller1@liberty.edu or (434) 592-3393
- Sarah O'Brien, Director of Student Affairs – secarter1@liberty.edu or (434) 592-3396

Practical Tips for Proper Health and Wellness

Keep Active. Regular exercise can help boost self-esteem, lead to better sleep, and keep your brain healthy. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.

Eat Well. By providing your brain with a proper mix of nutrients, you will keep it healthy, effective, and efficient.

Ensure You Are Sleeping Enough. Ensure that you are sleeping a minimum of seven to eight hours each night, because a lack of sleep is a key reason for a negative spiral in most students' mental health and productivity.

Build Trusting Relationships. We all can benefit from having confidants and the Bible says: "Plans fail for lack of counsel, but with many advisers they succeed." Prov. 15:22.

Take a Break. Taking study breaks and time off to enjoy things you love is vital to stress relief, boosting self-esteem, and keeping yourself productive in law school.

Screening for Mental Health Concerns. The American Bar Association, the Dave Nee Foundation, and Liberty University School of Law have partnered together to provide students with a free, confidential, and simple screening to determine whether they are currently facing a mental health concern. You can take this free [mental health screening](#) here.

On-Campus Health and Wellness Resources for Students

Office of Student Affairs. The Office of Student Affairs strives to develop an atmosphere that enhances and maximizes the quality of life of each law student while attending Liberty University School of Law. The law school experience goes beyond the classroom to include areas such as emotional, spiritual, social, and physical strength. The Office of Student Affairs provides a safe place where students know they can share their concerns and struggles discreetly. You can contact the Director of Student Affairs, Mrs. Sarah O'Brien, at secarter1@liberty.edu and (434) 592-3396.

Live Healthy Liberty. Liberty University offers many resources to promote holistic wellness for a healthy campus. See the options available on the university's Student Affairs [webpage](#).

Campus Recreation. Campus Recreation provides a diverse list of student activities, intramural sports, and recreational facilities for students. These are all great activities in which students may engage to maintain both their mental and physical health. For more information about the many student events, activities, and facilities provided by Campus Recreation please visit their [website](#).

Liberty University Student Counseling. Student Counseling & Psychological Services (CAPS) seeks to provide individualized assessment and care for the Liberty University student populace. Whether you're encountering a difficult situation, an immediate crisis, or have an ongoing mental health concern, the office's licensed professional counselors and other staff are available to help you. The office places a high priority on student confidentiality. For more information about the services provided by the Student Counseling & Psychological Services or to request an appointment please visit their [website](#) or call (434) 582-2651.

LU Shepherd. [LU Shepherd](#) exists to develop *Champions for Christ* by fostering a holistic community through peer mentorships, pastoral care, and life-skills training. For more information about the services provided by LU Shepherd, please call (434) 592-5411.

CARE Team. The [CARE Team](#) (Collaborate, Assess, Resource, Empower) exists to promote the safety and well-being of the university community. Working in conjunction with other university departments – such as the Office of Residence Life, Student Counseling & Psychological Services (CAPS), LU Shepherd, the Office of Community Life, and the Liberty University Police Department (LUPD) – the team employs a case management model to connect students to the appropriate resources, in order to meet the unique needs of each individual, and seek to prevent the escalation of concerning behaviors.

Commuter Food Pantry & Swipe Out Hunger Program. Liberty University offers resources to assist students struggling with food insecurity. The [Commuter Food Pantry](#) offers non-perishable food and hygiene options for students in need. Additionally, students can apply to the [Swipe Out Hunger Program](#), which provides 20 on-campus meal swipes.

Health and Wellness Resources in the Community

Virginia Judges and Lawyers Assistance Program. [Virginia Judges and Lawyers Assistance Program](#) (VJLAP) provides confidential, non-disciplinary assistance to members of the legal profession and law students in Virginia who are facing mental health concerns, substance abuse, or professional impairment. The organization provides assistance through a network of professional staff and attorney volunteers who provide mentorship, peer support, counseling for families, and establish structured recovery programs.

VJLAP 24-Hour Help Line: 1-877-545-4682

[VJLAP Mental Health Self-Test](#)

Lynchburg Parks and Recreation. The City of Lynchburg has over 850 acres of parkland and the most unique urban trail systems in the state. Whether you are into sports, festivals, or exercising, Lynchburg has something to fit your personality. [Lynchburg Parks & Rec](#) has more information about the many parks and activities in the region.

President's Council of Fitness, Sports, & Nutrition. The President's Council seeks to provide quality information regarding physical activity and good nutrition. Their website provides resources that can assist a student in learning about a healthy diet. For more information about simple positive changes you can make to your diet, please visit the [council's website](#).

National Suicide Prevention Lifeline. The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. You can reach this hotline by dialing 1-800-273-8255.