



AMERICAN **BAR** ASSOCIATION

Law Student Division

Commission on Lawyer
Assistance Programs

Law Student Mental Health Day 2020

The ABA Commission on Lawyer Assistance Programs (CoLAP) Law School Committee and the ABA Law Student Division are partners in the annual Law Student Mental Health Day. 2020 has been a year filled with challenges and stresses, and yet opportunities for us to recommit to our personal well-being remain. Our efforts are needed more than ever.

Thursday, October 8

Mental Health Webinar | 4:30pm EDT

Exploring the Intersection Between Racial Justice, Social Activism, and Mental Health

<https://abaforlawstudents.com/event/38318/>

Join us for a national Zoom Webinar featuring [Professor Rhonda Magee](#), Author of *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*, law professor at the University of San Francisco School of Law, and a new member of the ABA CoLAP. The webinar will include an Introduction by [Janet Stearns, Dean of Students, University of Miami School of Law, and Member of the ABA CoLAP](#) as well as Ayat Nizam, Law Student, University of Detroit Mercy School of Law and Chair, ABA Law Student Division.

Friday, October 9

National Workshop | 1:00pm EDT

<https://live.remco.co/e/aba-law-student-division-monthly>

National Workshop with the ABA Law Student Division, Law School SBA Presidents and ABA Representatives; featuring [Jordana Confino, Fordham Law School](#), author of *Where Are We on the Path to Law Student Well-Being* (a report of the ABA CoLAP Law School Survey); Janet Stearns (Dean of Students, University of Miami School of Law) and [David Jaffe \(Associate Dean of Student Affairs, Washington College of Law, American University\)](#) to discuss practical strategies that law students can undertake in the year ahead with your law schools, the ABA, and with each state bar board of examiners.

Saturday, October 10

Social Media Hashtag Campaign

A day of well-being. Each and every one of us can up our commitment to make the time to move around, whether outdoors or indoors, and stay healthy. Choose your activity, and post a picture using the hashtags [#LawStudentWellness](#) and [#ABAMentalHealth](#).