HEALTH AND WELLNESS RESOURCES FOR SLU LAW STUDENTS

Student Support Services

SLU LAW Student Services Office (Room 1008)

Dean of Students Jon Baris - jon.baris@slu.edu, 314-977-3675
Asst. Dean of Students Shannon Morse - shannon.morse@slu.edu, 314-977-2728
Accessibility and Wellness Coordinator Heather Stout – heather.stout@slu.edu, 314-977-3309
- Disability Resource Center, Health and Wellness Resources
Asst. Director of Financial Services Jessica Seavers - jessica.seavers@slu.edu, 314-977-3369

SLU LAW Office of Diversity, Equity and Inclusion (Room 1008)

Dean Belinda Dantley - belinda.dantley@slu.edu, 314-977-4571

SLU Title IX Coordinator

Anna Kratky, Title IX Coordinator, Office of Institutional Equity and Diversity
anna.kratky@slu.edu, 314-977-3886 or 314-580-8730 (after hours)
https://www.slu.edu/about/safety/sexual-assault-resources/index.php
Resources for students and members of the SLU community who have experienced any form of Sexual Harassment, Sexual Assault, Dating and Domestic Violence, and Stalking

SLU Campus Ministry

314-977-2425
3711 West Pine Mall, Wuller Hall, 1st Floor
Resources to nurture the spiritual needs of SLU students.

Wellness, Health and Safety

University Counseling Center
https://www.slu.edu/life-at-slu/university-counseling/index.php
314-977-TALK (8255)
3711 West Pine Mall, Wuller Hall, 2nd Floor

SLU Student Health Center
314-977-2323
3518 Laclede Ave., Marchetti Towers East, 1st Floor

MOLAP (Missouri Lawyers’ Assistance Program)
www.mobar.org/molap
800-688-7859
MOLAP is a free, professional, confidential counseling program for members of the Missouri Bar, their families, and law students in Missouri. MOLAP helps individuals overcome personal concerns with mental health, substance use, stress, and burnout. Call 1-800-688-7859 to talk, schedule an appointment, or request a link for face-to-face sessions through their virtual platform. Services are available 24/7 by phone.

SLU Department of Public Safety (DPS)
https://www.slu.edu/about/safety/
314-977-3000
3545 Lindell Blvd., Wool Center, Room 114

SLU Campus Recreation and Wellness
Saint Louis University's Department of Campus Recreation and Wellness can provide you with resources to ensure you have a healthy mind, body, and spirit.

SLU LAW Introduction to Mindfulness
Prof. David Lander - david.lander@slu.edu, 314-345-4713
Prof. Lander leads a weekly 30-minute mindfulness session on Wednesdays at Noon.

SLU LAW Wellness Community Facebook Page
https://urldefense.com/v3/__https://t.e2ma.net/click/hk5tee/9xmm0w/pe6w3t__;!!K543PAIYswO9Wanq1kXltXGhAzm4Dstqb00O-yVmKQpb57S2cNMo3cmg0ACrst-_3zmLrl4R8S

United Way of Greater St Louis
https://helpingpeople.org/united-way-2-1-1/

Suicide Prevention

24/7 Suicide Prevention Lifeline
http://www.suicidepreventionlifeline.org
800-273-TALK (8255)

Suicide Prevention Resource Center (SPRC)
https://www.sprc.org/states/missouri
877-GET-SPRC (438-7772)
SPRC works with the National Action Alliance for Suicide Prevention to provide a public health approach to suicide prevention.

Suicide prevention APPS for your phone
http://www.mimhtraining.com/suicide-lifeguard/
http://t2health.dcoe.mil/apps/virtual-hope-box
Addiction and Recovery Resources

MOLAP Addiction Resources
https://mobar.org/site/content/Lawyer-Resources/MOLAP-areas/Addiction_Recovery.aspx

Substance Abuse and Mental Health Services Administration (SAMHSA)
https://www.samhsa.gov/find-help/national-helpline

Alcoholics Anonymous
https://www.aa.org/

Narcotics Anonymous
https://na.org/

Resources for Individuals Experiencing Food Insecurity

Billiken Bounty
https://www.slu.edu/student-development/dean-of-students/billiiken-bounty.php

St Louis Area Foodbank
https://stlfoodbank.org/programs-services/

Operation Food Search
https://www.operationfoodsearch.org/find-food/

Feeding America - Find a Food Pantry
https://stlfoodbank.org/programs-services/find-food/