

Western Law Wellness Services



1L STUDENT CONSIDERATIONS

Welcome to Western Law and Western University! As you begin your studies, you may experience stresses, but we have a number of services to best support you through any challenges you may experience with your health.

The Dual Continuum Model of Mental Health and Illness

The model below is one of the leading conceptualizations of mental health and illness. This model suggests that mental health and illness are separate, but related constructs. As such, one can experience poor mental health in the absence of a diagnosed mental illness. On the other hand, one with a diagnosed mental illness can experience optimal mental health. Importantly, everyone fluctuates with their experience of mental health. This may change daily for people. It is worthwhile to consider accessing information and/or mental health services to learn how to manage these fluctuations, as they will continue throughout your life.



Seven Areas of Wellness

You've likely seen the seven areas of wellness before. Although they are shown independent of each other, all of these areas are connected. To experience an imbalance in one area may cause a ripple effect into others. Consider how you can keep these areas balanced. This doesn't mean all areas need to be maximized with what you would like to do for them, but the aim is to reach a level of comfort with all areas so you can experience balance and stability.



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The previous page has two main takeaways as it pertains to your experience:

1. You can experience mental health concerns without a diagnosis and this is not uncommon. Many law students experience some level of anxiety.
2. Balance is the aim of wellness and requires effort. You may be an exceptional student, but if you aren't maintaining wellness in all of the other areas, you may be unable to reach your academic potential.

Services for Western Law Students

Western Law Wellness Services

Email lawwell@uwo.ca to book

As a Western Law student, you enjoy access to individual counselling services that are exclusive and focused on the law school experience. The services we offer are person-centred, convenient, and student-informed psychotherapy and counselling. Since we only work with law students, we have a strong understanding of the law student experience. Feel free to reach out to us to start navigating the health and wellness support you need. You can book an appointment or ask questions by emailing lawwell@uwo.ca.

We offer in-person, phone or virtual appointments.

Just Balance

justbalance.ca

This online resource focuses on education and promotion of the well-being of law students. Materials are specific and tailored to the law school experience.

Health & Wellness

(519) 661-3030

Thames Hall

This office offers a variety of health services including medical care, individual and group counselling, psychiatry, birth control information, immunizations, allergy injections, STI testing, and a Trans Care Team.

Members Assistance Program

1-855-403-8922

www.myassistplan.com

Confidential service for those practicing in the legal field, including law students. Offers free in-person, telephone and online counselling, peer support, career coaching, and nutrition and health information.

Reach Out Crisis Line

519-433-2023

1-866-933-2023

Confidential, 24/7 information and crisis service. Due to around the clock staffing, a valuable resource to access at any time as there is always someone available to help direct and support.

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MENTAL HEALTH & LAW STUDENTS



Western Law has provided a licensed mental health clinician, the Student Wellness Counsellor, for their students for the last two years. This page details some of the collected data from students in 2021/22 who chose to access services.

Law Students Accessing Western Law Wellness Services

Who Accesses Services?

24% of Western Law students had at least one appointment with the Student Wellness Counsellor.

About **28%** of all 1L students had at least one appointment with the Student Wellness Counsellor.

What Concerns Do Students Have?

The following percentages were calculated from students' self-reported concerns at the start of mental health treatment:

- 81% reported anxiety;
- 61% reported mood concerns;
- 51% reported academic concerns;
- 44% reported relationship concerns.

To be clear, there is no indication that law students experience greater concerns with mental health than the average person. However, it is not atypical for students to experience the above concerns and to seek support when needed.

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ACADEMIC ACCOMMODATIONS

If you require accommodations to complete your academics, consider taking steps now to set this up prior to beginning the academic year.

Academic Accommodation

Academic accommodations should be organized as soon as possible for expected and ongoing concerns that impact your ability to succeed. For example, learning disabilities, diagnoses, illnesses, etc. For these concerns, you can register with Accessible Education.



Accessible Education

Register with Accessible Education here:
http://academicsupport.uwo.ca/accessible_education/
Prior to your appointment, gather any documentation you have such as paperwork related to your diagnosis. You may need to contact the diagnosing doctor to obtain documentation. If you need new documentation and/or continued medical support, contact Health and Wellness (page 2) for ongoing medical appointments.

Academic Relief

Academic relief can be explored if you require accommodation due to unforeseen circumstances. For example, a death in the family, unexpected physical/mental health concerns, etc. For these concerns, you can contact Associate Dean Sherrin directly.



If needed, email AD Sherrin at csherrin@uwo.ca. You will be asked for supporting documentation, such as the Student Medical Certificate or advocacy letter from a clinician. Decisions are made on a case-by-case basis and consider the fairness of student assessment.

In regards to ongoing academic accommodation, please consider:

- Registering with Accessible Education as soon as possible. It is best to have your accommodation needs assessed early to avoid last minute appointments during the term.
- When you register with Accessible Education, you will be matched with a Counsellor who will work with you to determine your needs for accommodations.
- If you are uncertain whether you require accommodation, feel free to contact the Student Wellness Counsellor to discuss your concerns by emailing lawwell@uwo.ca.