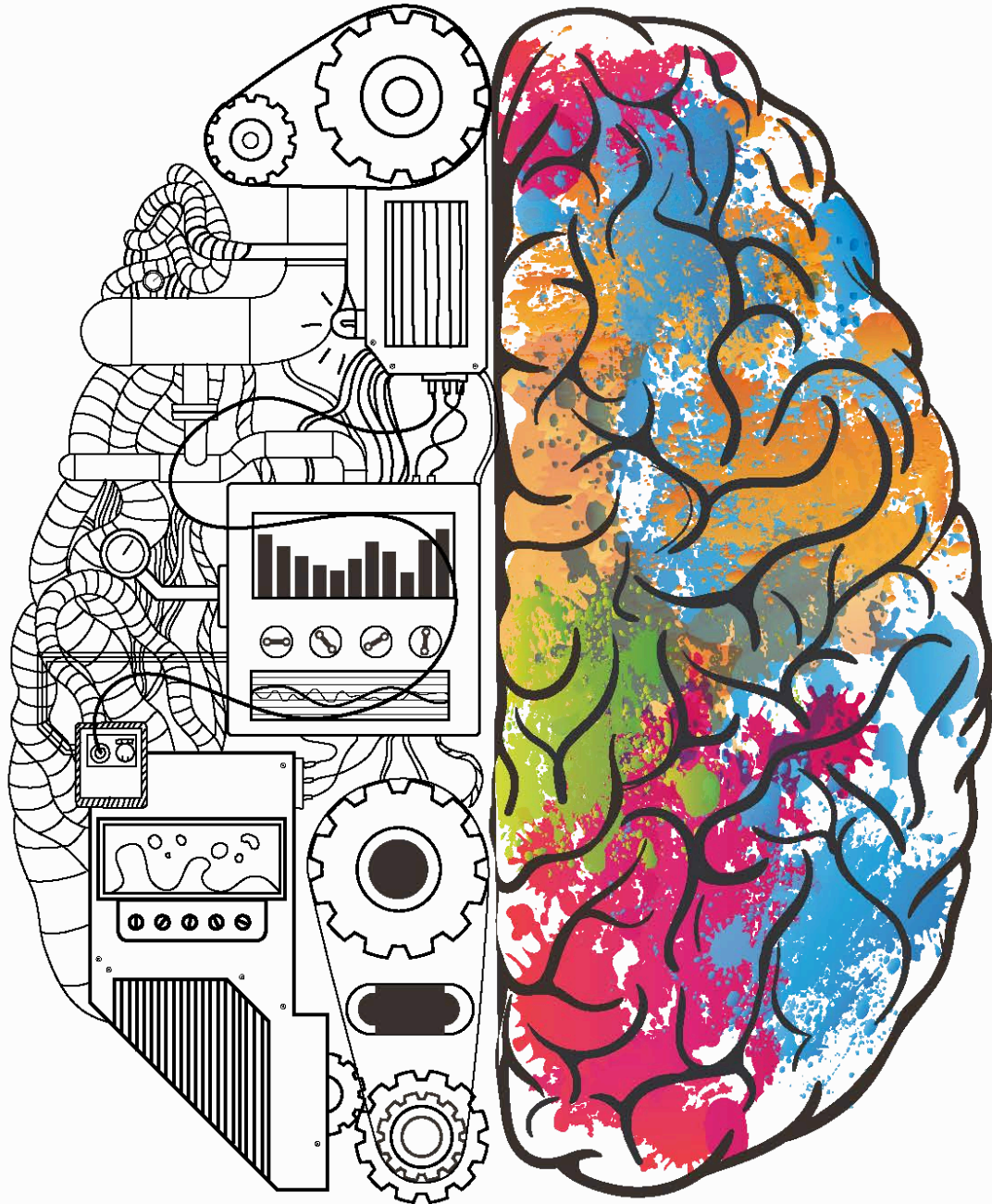


STUDENT WELLBEING



**PETER A. ALLARD
SCHOOL OF LAW**
THE UNIVERSITY OF BRITISH COLUMBIA



**Scan for an online
version of the toolkit
with link access**

TABLE OF CONTENTS

01 - 04

INTRODUCTION

Welcome to the Student Wellbeing Program
embedded in the Peter A. Allard School of Law

05 - 06

GENERAL RESOURCES DURING AND AFTER ALLARD

A list of general resources while students are enrolled
in the Law program at UBC and for when they become
a Lawyer

07 - 23

TOOLKIT TO SUPPORT MENTAL HEALTH & DIVERSITY

Information & tools that range from mild to severe
mental health diagnosis. Resources to support
neurodiversity, 2SLGBTQIA+, & BIPOC Communities

24 - 38

SELF-REFLECTION RESOURCES

Resources to support students self-discovery





Student Wellbeing Services at Allard Law focuses on meeting students where they are and providing support to improve their overall wellbeing. This is done through brief solution-focused individual counselling, wellbeing presentations, events here at Allard, and connection to external resources. Both big or small personal and academic challenges are welcomed and the Student Wellbeing Counsellor looks forward to your connection.

Leading a healthy and balanced lifestyle as a student is beneficial personally and professionally. Some of the positive academic improvements are: better cognitive functioning, enhancing test performance, development of strong study habits, and long-term academic and career success.

This resource was created by Registered Clinical Counsellor; Andrea Falco, and Student Wellbeing Employees; Mustafa Said and Sarah MacDonald. It can freely be used and shared as long as authors are credited and it is not sold. Copyright 2023.

WELLCOOME

COUNSELLING AT ALLARD

Law students can access counselling services with UBC Counselling Services either onsite at Allard Hall with the in-house Student Wellbeing Counsellor at Allard or with the central counsellors at Brock Hall. The in-house Student Wellbeing Counsellor allows for easier access to counselling and wellbeing programming that is designed to accommodate specific law student wellbeing needs. Sessions are available in-person or virtually to meet student needs.

To book an appointment: wellbeing@allard.ubc.ca or <https://calendly.com/allardwellbeing/>

Confidentiality

- **Counselling is confidential.** The Allard School of Law will not know you have attended counselling and counselling notes are not included on your academic record.
- **Limits to confidentiality** exist if there is imminent, life threatening risk to yourself or others, if someone under the age of 19 is in need of protection, or if you are involved in any legal proceedings and we are required by law to release your records.

Support at Allard

- **Drop in counselling:** You may come down to the Student Wellbeing Office (Allard Hall Room 147b). Counselling is available when the door is open. Drop-in and emergency appointments are also available at Brock Hall (Room 1040).
- **Single session counselling:** Research shows significant reduction of distress and problem severity after one session. This model can fit with your busy schedule, and provide strategies to activate change and get you back on track.
- **Short-term counselling:** Goal-focused counselling support. Recommendations to community referrals for long-term support and mental health resources will be provided as needed.
- **After-hours counselling:** Here2talk provides free, 24/7, confidential counselling services to domestic and international students registered in a B.C. post-secondary institution. Available 24/7 via app, phone and web. 1-877-857-3397 | Outside North America 1-604-642-5212.



ALLARD WELLBEING RESOURCES

01

Outreach

Student Wellbeing Counsellor offers resources to support student wellbeing on Mindfulness Mondays, Wellbeing Wednesdays, and before exams.

02

Workshops

Student Wellbeing Counsellor and/or a Wellbeing Mentor facilitate on various topics to increase mental health literacy and awareness at Allard.

03

Library

Drop by the office to borrow a book out of the Wellbeing Library on various self-help topics related to the legal profession.

04

Support Items

Items to assist in student wellbeing. Calming strips, stress balls, coping cards, sensory rings, heated blanket, massage chair... etc. You can also rent wellbeing sports equipment from the library.

05

Mentors

Lawyers who have navigated their own way through mental health or wellbeing challenges and are available to meet with students to share their journey.

06

Community Space

A space collaboration with the Law Student Society that is designed as an environment to take a break, engage in community programming, and collaborate with peers.

Email wellbeing@allard.ubc.ca to learn more about the resources or how to access them.

LAWYER WELLBEING MENTORS

Legal professionals struggle with mental health and wellbeing challenges. Law students are aware of these challenges and worry about the impact of mental health on their studies and future careers.

The Lawyer Wellbeing Mentors program aims to combat the stigma associated with mental health through positive, accepting conversation and normalization with trusted professionals. Our Lawyer Mentors have had their own journey navigating their mental health and wellbeing challenges, and are happy to match with a student to share their experience.

**RAMINDER
HAYRE**



**BRIAN
PATTERSON**



**CARLEE
CAMPBELL**



**ROBERT
LIM**



**ORLANDO
DASILVA**



**JADE
SCRYMGEOUR**



**BROGAN
PASTRO**



**KATE
BOND**



**BECKY
ROCK**



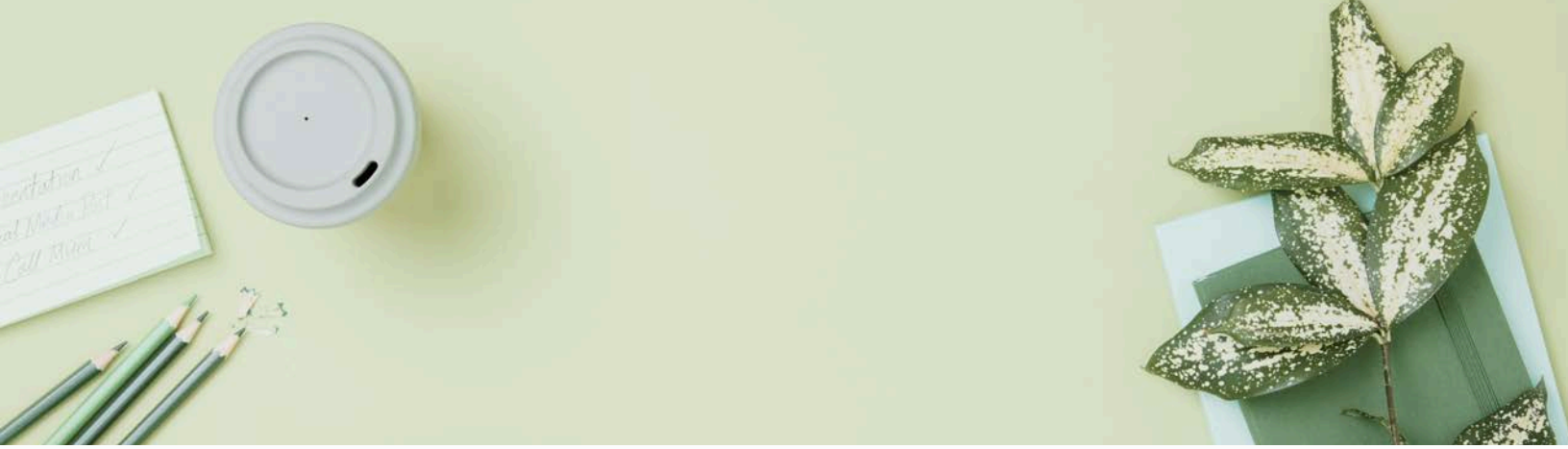
**TAYLOR
STONE**



& many more Mentors willing to connect

Email wellbeing@allard.ubc.ca if you are interested in connecting with a Mentor or if you are interested in becoming a Mentor in this program.





UBC & COMMUNITY SUPPORT



Central UBC Counselling Services

Wellness advising, counselling appointments, and group therapy options available by phoning 604-822-3811 or visiting the [UBC Counselling Services Webpage](#) to learn more.

UBC Student Health Services

[Book an appointment](#) for help with your health concerns.

Here2Talk

1-877-857-3397 | Outside North America 1-604-642-5212. Students – domestic or international – currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.

UBC AMS/GSS StudentCare

Student Health Care Plan covers 100% up to a maximum for a private mental health therapist. This includes a Psychologist, Registered Clinical Counsellor, Psychological Associate or someone with a Master's in Social Work. [Click here](#) to submit a claim.

Lawyers Assistance Program of BC

Provides counselling and wellbeing workshops to Lawyers and Law Students in BC. 1-888-685-2171

Vancouver General Hospital Access & Assessment Centre

Provides mental health and substance services with on-site assessment, crisis intervention, and short-term treatment. Call 604-675-3700 or walk in (803 West 12th Ave.) from 7:30 am to 9:30pm.

Vancouver Crisis Line

24/7 phone support for crisis and/or distress which requires immediate response. 1-800-784-2433

Hope for Wellness Helpline

24/7 phone or online support for all Indigenous people across Canada. 1-855-242-3310. Additional support can be found [here](#).





MENTAL HEALTH SUPPORT AFTER GRADUATION

Lawyers Assistance Program and the Canadian Bar Association Well-Being

Available across Canada to provide professional support to lawyers, judges and law students. The services include confidential counselling, advice, information, and peer support. The [Lawyer Assistance Program of BC](#) also holds wellbeing focused workshops.

Continuing Legal Education Society of BC

Recognizes the importance of lawyer wellbeing and supporting BC Legal Professionals with mental health challenges. [Click here](#) for their lawyer wellbeing resource.

Law Society of BC

[Practice Advisors](#) provide confidential consultations and have specialized training in Mental Health First Aid. [Equity Ombudsperson](#) are also available for confidential support with discrimination, harassment and bullying. They also fund [Lifeworks](#), an Employee Assistance Program that offers free, confidential, 24/7 support related to well-being in the legal profession.

Employee Extended Health Benefits

Coverage for confidential support through your employer. Check with your company to see what physical and mental health services are covered and the maximum amount of coverage.

- [Psychology Today](#)
- [Psychologist BC](#)
- [BC Association of Clinical Counsellors](#)

The Allard Mental Health Toolkit

An ongoing resource designed for students at Allard to reduce stigma, increase education and highlights tools for common mental health challenges in the legal field. While the UBC specific resources may not be available post graduation, there are other community resources that graduates are encouraged to explore. Each mental health challenge comes with self-explore resources to read, watch and practice into your life as a lawyer.



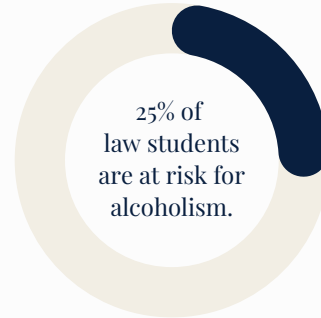
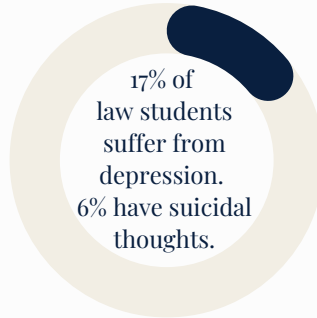
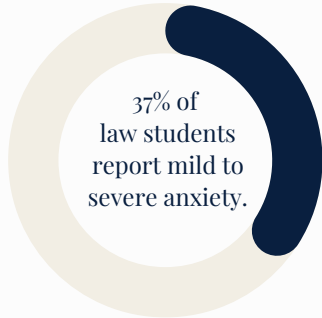
HOW TO USE THIS TOOLKIT

Challenges with our mental health exist on a continuum, ranging from feeling content to distress. Seeking external resources – such as online resources, mental health professionals, support groups, and helplines – is crucial for promoting well-being and managing mental health challenges.

The Toolkit provides specialized knowledge and resources tailored to common mental health concerns in the legal field. It is our hope this resource helps to educate and combat the stigma around mental health.

Seeking help allows individuals to navigate the mental health continuum and work towards improved well-being. It is a sign of self-care and strength.

MENTAL HEALTH & LAW



(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, 2016).

CHECK IN – HOW ARE YOU REALLY?



Content



Okay



Struggling



Distress

Natural mood fluctuations in response to life events, normal sleep patterns, sustainable energy, consistent performance, and normal social activity.

Increased worrying, procrastination and forgetfulness, variability in mood, struggling to meet challenges, changes with sleep/appetite, and decrease social activity.

Feelings of anxiety, anger, sadness, low motivation, hopelessness, fatigue, aches and pains, disruption in daily functioning, and withdrawing from commitments.

Intense and distressing emotions, unable to keep up with demands, unable to fall/stay asleep, physical illness, and isolating and/or avoiding social situations.

WHAT CAN YOU DO?

- Identify & nurture your support system
- Prioritize physical wellbeing as a foundation
- Break problems into manageable tasks

- Seek out positive activities & connections
- Check in with daily habits & adjust as needed
- Identify & minimize stress
- Engage in coping skills

- Identify your signs of distress
- Seek out social support
- Engage in coping skills & explore online resources
- Connect with Allard Embedded Counsellor

- Connect with UBC Counsellor
- Follow up with health care provider
- IN EMERGENCY: 24-hour crisis line and/ or ER department

why is wellbeing important?



Research on lawyer and law student wellbeing has expanded over the years and studies show members of the legal profession struggle with their wellbeing more so than the majority of other professionals. Studies also highlight that these challenges can begin in law school.

The American Bar Association highlights 7 areas of wellbeing to improve personal and professional functioning as a lawyer and law student. The Institute for Well-Being in Law brings organizations together annually to learn and practice strategies to improve the 7 dimensions of wellbeing in the legal profession. At Allard, we believe that it is fundamental to start these discussions now and explore tools that students will continue to practice in years to come. The 7 dimensions are a core component of wellbeing programming and one on one sessions that happen at Allard.

Studies on brain health show us that the better our wellbeing, the easier it is to be in the correct mind space for optimal academic functioning and living a meaningful life. Improved wellbeing has clinically significant positive outcomes in relationships, self-esteem, resilience, and self-regulation, etc.

Allard School of Law is committed to providing education and support in each area of wellbeing.

Occupational Wellbeing

Cultivating growth and enrichment in your career.

- [Allard Law Career Services](#)
- [LinkedIn Learning](#)

Intellectual Wellbeing

Engaging in continuous learning with new challenges and monitoring cognitive wellness.

- [Student Affairs Advising](#)
- [Centre for Accessibility](#)
- [Allard Peer Mentors](#)

Physical Wellbeing

Striving to meet regular physical wellbeing needs (eat, sleep, exercise, and recovery).

- [UBC Recreation Centre and Aquatics Centre](#)
- [Intramural Sports and Personal Training](#)
- [Allard Sports Teams & Clubs](#)

Spiritual Wellbeing

Developing sense of meaning and purpose in life.

- [UBC Spiritual Support](#)
- [Different Chaplains at UBC](#)

Social Wellbeing

Developing a sense of connection and belonging.

- [LSS Social Events](#)
- [Allard Clubs](#)
- [Legal Buddies](#)

Emotional Wellbeing

Identify and manage emotions to support mental health and achieve goals.

- Supports are outlined in this resource

STUDENT VOICE ON WELLBEING

Wellbeing to me means prioritizing my mental and physical health, even amid the hustle of school life. It involves carving out time for self-care, whether through meditation, exercise, or engaging in hobbies that bring joy. Nurturing my well-being enables me to cope better with academic demands and leads to a more fulfilling and balanced life!

- **Mustafa Said, 2L**

Wellbeing to me is about finding balance between my competing identities as a law student and a human. Without taking care of the human side, I'm not setting myself up to meet my goals and have a fulfilling law school experience. Planning ahead has been key to establishing that balance.

- **Sarah Hlady MacDonald, 3L**

Wellbeing is a practice with many dimensions, from physical to mental to social, and more. I try to work on each of these dimensions everyday, though the process isn't always linear. Practicing wellbeing also isn't always comfortable. Some practices that I know are important to my wellbeing can sometimes be uncomfortable, like setting boundaries. Furthermore, wellbeing to me is inherently communal: a support network goes a long way!

- **Sina Ali, 2L**

Wellbeing is a reflective process of checking in with my feelings and adapting accordingly. Taking the minute to check in and know your bounds, and being cognizant of how you're feeling or how you'll feel later are important to protect your wellbeing. Adapting my behavior in the moment to match or improve my feelings has helped me be more productive, take more breaks, get some space from stressors, and makes me more energized and enjoyable to be around during social situations!

- **Tristan Kimball, 2L**

It is important to me that when parts of my life become all-consuming, like law school has a tendency to be, that I step back and make sure I connect with other parts of my life that bring me back to a sense of self. This might mean going for a run, starting a new knitting project or having a movie night with my family. Neglecting other aspects of who I am is the fastest way for me to feel lost and overwhelmed.

- **Julia Brewster 2L**

Wellbeing represents a holistic approach to health and happiness. Socially, I enjoy forming and maintaining meaningful relationships that allow me to share experiences, offer support, and feel a sense of belonging and connectedness. Finding harmony between social, emotional and physical wellbeing creates a life that feels robust and purposeful.

- **Eric Cislak, 3L**

CHECK IN – HOW ARE YOU THINKING?



Cognitive Behaviour Therapy looks at how our thoughts, feelings and actions are all connected. With the idea that if we acknowledge an unhelpful thought and try to change it, we can hopefully reframe our feelings and actions to take us closer to the goal or life we want to be living.

Here are 8 unhelpful thinking habits with law student examples:

ALL-OR-NOTHING THINKING

Black-and-White thinking-> seeing things in extremes with no shades of gray.

EXAMPLE: It's not a complete success, so it's a failure. It's not fantastic, so it's awful.

"SHOULD" STATEMENTS

Thoughts about what you or others "should" do, "ought" to do, or "must" do. When we and others don't live up to these rigid standards, we feel disappointed or angry.

EXAMPLE: I must have a job lined up by next year or I'm a failure.

OVERGENERAL-IZING

If any part of it is bad, it's all bad and probably will always be bad.

EXAMPLE: You receive some critical feedback or a bad mark, and you think you aren't cut out to be a lawyer

PERSONALIZING

Everything has to do with you -> taking everything personally and blaming yourself even when there's no logical reason for believing this.

EXAMPLE: It's all my fault that we lost that motion.

DISCOUNTING THE POSITIVE

Discounting or ignoring good things and dampening positive emotions.

EXAMPLE: You receive a compliment and discount it as someone trying to manipulate you or just be nice.

FORTUNE TELLING & MIND READING

With little evidence, feeling certain that you know what will happen or what others are thinking - and it's bad.

EXAMPLE: You think that a classmate or coworker is mad at you based solely on a facial expression.

BELIEVING EVERYTHING YOU THINK

Accepting your emotions or mental chatter as fact: *"I feel it or think it, so it must be true"*

EXAMPLE: You feel jittery and are bombarded by mental chatter that you're a bad speaker and will screw up an upcoming presentation. Just because you feel/think it doesn't make it true.

MAGNIFY OR MINIMIZE

Exaggerate or minimize the meaning, importance, or likelihood of things.

EXAMPLE: You're good at what you do but, after one mistake, believe you're terrible at what you do. Or, you receive a glowing compliment about your work and continue to believe that you're mediocre at what you do.

ANXIETY

Anxiety is normal, adaptive, and does not last forever.

Everyone experiences anxiety at some point as it is our body's nervous system response to a perceived threat. It stimulates our fight-flight-freeze response to motivate us into action. It becomes an uncomfortable body sensation when the perceived threat is not actually dangerous. For example, going for a job interview can make your heart race or feel on edge. This would trigger possible responses of not being able to think clearly (freeze), you may snap at people closest to you (fight), or you may avoid the interview all together (flight).

Many people avoid doing things that cause fear and uncertainty. An Anxiety Disorder is when the symptoms fire in response to no real threat and happen for prolonged periods of time. Symptoms of anxiety include excessive worry, irritability, being easily fatigued, sweating, muscle tension, chest and stomach pains, unhelpful thinking, avoiding tasks, poor concentration, and many more.

96% of law students experience significant stress - a higher percentage compared to any other professional degree. (The Path to Lawyer Well-Being, 2017). 42% of law students believe they needed mental health support and only half of them accessed support during law school. (lawyerwellbeing.net, 2016).

MAJOR TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder (GAD)

Extreme level of anxiety with no direct threat

Panic Disorder

Frequent panic attacks which are an exaggerated physical reaction to fear

Social Anxiety Disorder

Extreme fear or dread of social situations

Health Anxiety

Frequent worries of being unwell or becoming ill

Separation Anxiety

Distress from separation of a close attachment figure

Phobias + Agoraphobia

Extreme fear for a situation or certain object

Obsessive Compulsive Disorder

Having a series of 'obsessions' and/ or 'compulsions'

Body Dysmorphic Disorder

Obsessions and compulsions related to appearance

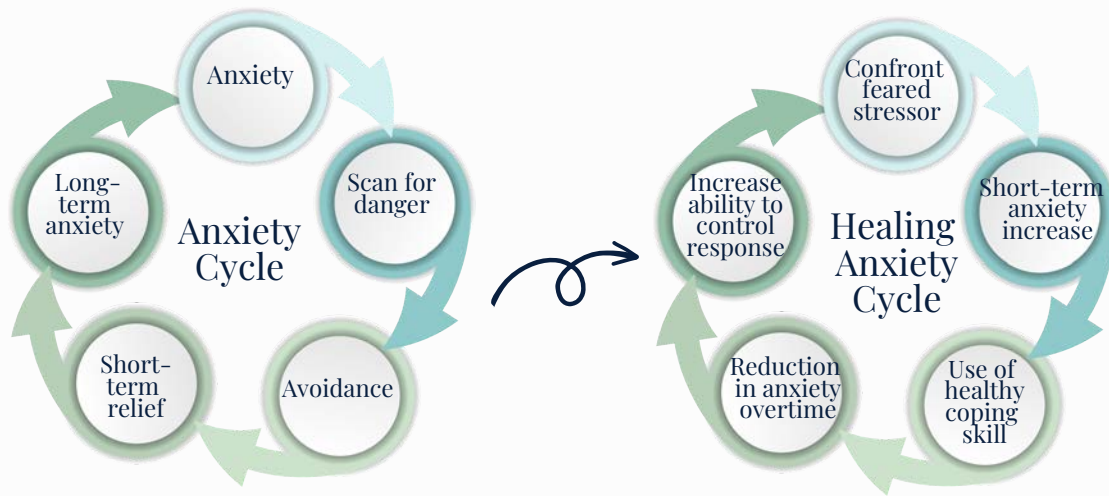
Perinatal Anxiety

Anxiety in a mom that shows up at the beginning of pregnancy to one years old

Post-Traumatic Stress Disorder

Anxiety that develops after going through a traumatic event

SUPPORT FOR ANXIETY



😊 I want to self-explore

Read:

- [Anxiety in Adults](#)
- [Anxiety Screening Tool](#)
- [What are Anxiety Disorders?](#)
- [What's the difference between Normal Anxiety and an Anxiety Disorder?](#)

Watch:

- [How to make stress your friend](#)
- [What's Normal Anxiety -- and what's an Anxiety Disorder?](#)
- [What's an Anxiety Disorder?](#)
- [How to Cope with Anxiety?](#)

Practice:

- [Self-Care for Anxiety](#)
- [Tips and Strategies to Manage Anxiety and Stress](#)
- [My Anxiety Plan](#)
- [Mindshift CBT App](#)

😞 I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[www.calendly.com/allardwellbeing]
- Central UBC Counselling: 604-822-3811

UBC Group Counselling Programs:

- [Anxiety: Is it getting the better of me?](#)
- [Mindfulness Stress Management](#)

Here2Talk:

- Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.
- 1-877-857-3397

Lawyers Assistance Program of BC

- [LAPBC](#) - Counselling & Workshops

Finding a private therapist with focus in Anxiety:

- [BCACC - Find a Counsellor](#)
- Filter by Areas of Practice -> "anxiety"
- Option to filter more to find a counsellor who aligns with your needs

😞 If you are in crisis, visit your closest emergency department or call 1-800-784-2433.

COMMON CONCERN IN LAW



Read:

- [What is Perfectionism?](#)
- [The Enemy of the Good: Perfectionism, Self-Doubt and Mental Health in the Legal Profession](#)
- [The Problem with Perfection](#)
- [My Struggle for Perfectionism: The Myths and Realities of Being a Young Lawyer](#)

Watch:

- [Perfectionism - The Battle of Never Feeling Quite Good Enough](#)
- [Six Signs of Perfectionism - Healthy vs. Extreme](#)
- [Our Dangerous Obsession with Perfectionism is getting worse](#)
- [The Perfectionist Trap](#)

Practice:

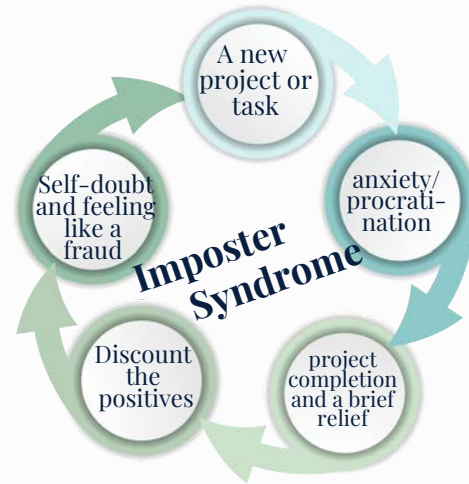
- [Managing Perfectionism](#)
- [How to Manage Your Perfectionism](#)
- [7 Steps to Overcome Perfectionism](#)
- [Overcoming Perfectionism: How Lawyers + Law Students can use failure](#)

UBC Counselling Services:

- Embedded at Allard: [\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

Finding a private therapist with a focus in Perfectionism:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice "Anxiety" or "Career & Education"



Read:

- [Imposter Syndrome - Facing Fears of Inadequacy and Self-Doubt](#)
- [Imposter Syndrome - Self-Check](#)
- [Imposter Syndrome - Definition & Causes](#)
- [Why Everyone Feels Like they're Faking it](#)

Watch:

- [What is Imposter Syndrome and how can you combat it? - Elizabeth Cox](#)
- [Thinking your way out of Imposter Syndrome | Valerie Young](#)
- [The Imposter Syndrome](#)
- [The Surprising Solution to the Imposter Syndrome](#)

Practice:

- [How to Fight Law School Imposter Syndrome](#)
- [10 Steps You Can Use to Overcome Impostor Syndrome](#)
- [You're not an Imposter](#)
- [How to Overcome Imposter Syndrome](#)

UBC Counselling Services:

- Embedded at Allard: [\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

Finding a private therapist with a focus in Imposter Syndrome:

- [BCACC - Find a Counsellor](#)

***Note** Counsellors with a focus in Anxiety can assist with Perfectionism and Imposter Syndrome.

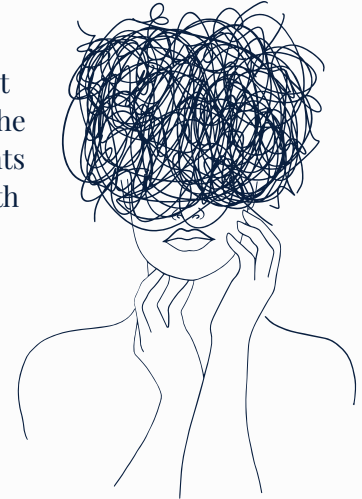
DEPRESSION

Depression is a mood disorder characterized by persistent feelings of sadness, a loss of interest or pleasure in daily activities.

Symptoms of depression can manifest in law students through persistent feelings of sadness and a loss of interest in their studies, exacerbated by the competitive and high-pressure environment of the legal field. Law students may also experience changes in appetite or sleep patterns, difficulties with concentration, feelings of worthlessness or guilt, and a lack of energy.

These symptoms impact emotional well-being, relationships, and functioning.

**40% of law students are depressed upon graduation [8-9% prior to entering, 26% after one semester, 34% after two semesters]
(DaveNeeFoundation, 2013)**



Recognizing and addressing depression in law students is crucial to support their mental health and academic success in this challenging educational journey.



I want to self-explore

Read:

- [Depression in Law School](#)
- [What is Depression?](#)
- [How can I tell if I'm Depressed or Burned out?](#)
- [Online Depression Screening](#)

Watch:

- [What is Depression?](#)
- [The Science of Depression](#)
- [Depression: Understanding Intense Moods and Getting Treatment](#)
- [Why we need to talk about Depression](#)

Practice:

- [Coping with Depression](#)
- [5 Self-Help Strategies for Depression](#)
- [Antidepressant Skills @ Work - Workbook](#)
- [Managing Depression](#)



I want guided support

UBC Counselling Services:

Embedded at Allard:

[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)

Central UBC Counselling: 604-822-3811

UBC Group Counselling Programs:

DBT Skills Group: Balancing Emotions

Here2Talk:

Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.

1-877-857-3397

Lawyers Assistance Program of BC:

- [LABPC](#) - Counselling & Workshops

Finding a private therapist with focus in Substance Abuse:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice "depression"




If you are in crisis, visit your closest emergency department or call 1-800-784-2433.



CARING FOR A FRIEND IN DISTRESS



1	<p>IDENTIFY WARNING SIGNS: These can be behaviours such as missing class, deadlines, unusual behaviour (ex. withdrawing when they are usually social), changes in appearance, grooming, and manner of speech.</p>
2	<p>CHECK-IN: Talking to someone in distress lessens stigma and increases the chances that they'll reach out for help.</p> <ul style="list-style-type: none"> • Mention specific behaviours you have observed: <i>"you seem less chatty than usual, what's going on?"</i> • If they are open to talking, listen without interrupting and validate what they are saying: <i>"that sounds really tough"</i> • Ask further questions <i>"when you don't see the point in waking up in the morning, does that mean that you're having thoughts of suicide?"</i> • If they don't want to talk, tell them you care about them and that you're concerned with the changes in their behaviour. Encourage them to reach out when they are ready to talk.
3	<p>CONNECT THEM WITH SUPPORTS:</p> <ul style="list-style-type: none"> • Offer your support: <i>"how can I support you through this?"</i> • Tell them about counselling supports accessible to them. • Text them or write down supports so they can access them. (eg. Allard Counsellor, UBC Counselling Services, UBC SAP (24/7 support), Vancouver Crisis Line). 
4	<p>PRACTICE SELF-CARE: Connect with supports to debrief and look after yourself. Having difficult conversations can take a toll on us and we are not responsible for anyone's feelings and actions.</p>

11% of students reported thoughts of suicide in law school.
33% of law students reported thoughts of suicide in their lifetime.
(*'It is Okay to Not Be Okay'*, The 2021 Survey of Law Student Well-Being, 2022)

Remember: help is always available.



SUBSTANCE USE



Substance use progresses on a continuum and is normal to use on occasion. Persistent and detrimental substance use that impacts physical and mental wellbeing can signify the development of a Substance Use Disorder. Using substances often has the motives to feel good, to self-medicate for another disorder, to perform better, or to explore new experiences, feelings or insights. Symptoms that may be present in law students include increase in tolerance, persistent cravings, neglecting responsibilities, engaging in risky behaviours, and continued use despite negative consequences.

27% of law students were at risk for alcoholism. 33% of students report binge drinking at least once in the prior two weeks and 16% at least twice. ('It is Okay to Not Be Okay', The 2021 Survey of Law Student Well-Being, 2022)



I want to self-explore

Read:

- [What are the Early Signs of Addiction?](#)
- [Addiction warning signs](#)
- [Attorney and Substance Abuse](#)
- [The Lawyer, the Addict](#)
- [You and Substance Abuse](#)

Watch:

- [Substance Abuse vs. Addiction](#)
- [Understanding Substance Abuse](#)
- [Substance use disorders](#)
- [How Addiction Happens](#)

Practice:

- [Coping Skills for Substance Abuse & Addiction](#)
- [Coping Skills Worksheet](#)
- [I am Sober App](#)
- [5 Ways to Deal with Urges and Cravings](#)



I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

UBC Group Counselling Programs:

- [Balancing Emotions Program](#)

Here2Talk:

- Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.
- 1-877-857-3397

Lawyers Assistance Program of BC:

- [LABPC](#) - Counselling & Workshops

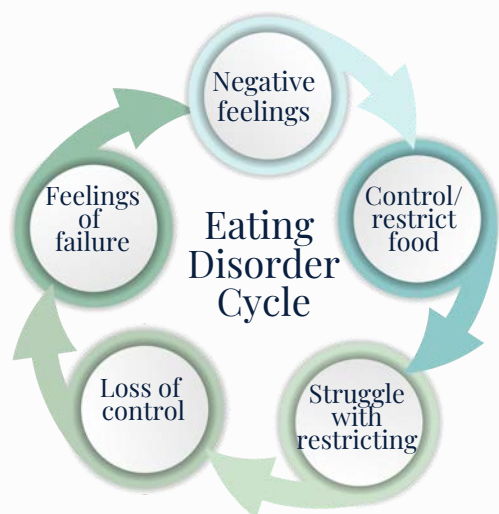
Finding a private therapist with focus in Substance Abuse:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice "Substance Abuse"



If you are in crisis, visit your closest emergency department or call 1-800-784-2433.

DISORDERED EATING



Disordered eating involves an extreme range of behaviours and attitudes towards food and body image. It is important to understand that occasional concerns about food and body image are common, and they do not necessarily indicate disordered eating. If concerns persist and intensify, leading to prolonged periods of disruptive eating patterns, an intense need for control, and negative emotional states, it may indicate an eating disorder.

Disordered eating exists on a spectrum. In severe cases it manifest as an eating disorder, such as anorexia nervosa, bulimia nervosa, or binge eating disorder. Symptoms of disordered eating can include excessive exercise, body dissatisfaction, distorted body image, feelings of guilt or shame related to eating, and changes in weight.

27% of law students suffer from an Eating Disorder (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, 2016)

😊 I want to self-explore

Read:

- [Foundry BC information](#)
- [Foundry BC self-check](#)
- [Kelty Mental Health](#)
- [Jessie's Legacy](#)
- [Types of Eating Disorders](#)
- [National Eating Disorders Association Screening Tool](#)
- [LAPBC: Conversation around eating disorders](#)

Watch:

- [Let Us Eat Cake podcast](#)
- [Misconceptions of Disordered Eating](#)
- [Why are eating disorders so hard to treat?](#)

Practice:

- [Intuitive Eating Workbook](#) (Paid)
- [Intuitive Eating](#) (Free)
- [Recovery Record App](#)
- [Rise up & Recover App](#)
- [NEDIC Phone & Chat Support](#)

😞 I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

Group Counselling Programs:

- [Foundry BC - Brave in Your Body](#)

Here2Talk:

- Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.
- 1-877-857-3397

UBC Student Health:

- [Book an appointment](#) with student health

Finding a private therapist with focus in Eating Disorders:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice "Eating Disorders"

😞 If you are in crisis, visit your closest emergency department or call 1-800-784-2433.



NEURODIVERSITY



Attention Deficit Hyperactivity Disorder

Symptoms of inattention and/or hyperactivity-impulsivity that interferes with daily functioning in two or more settings (eg. home and school). Challenges with executive functions (eg. working memory, time management, organization, task initiation, impulse control and emotion regulation)

Autism Spectrum Disorder (ASD)

Diagnosed on a spectrum of mild to severe. ASD looks different from person to person and may be harder to diagnosis in adults. Possible challenges with emotion regulation, social connection and understanding social cues, sensitivity to sensory input from their environment, and difficulty with flexibility and perspective taking.

Gifted or Twice Exceptional

Heightened intellectual ability (IQ above 130) and capacity to see complex relationships in the world. Someone with a gifted diagnosis can have exceptional abilities in one area and significant challenges in another area. When the challenge is a learning disability it is termed twice exceptional.



I want to self-explore

Read:

- [What is Neurodiversity?](#)
- [Neurodiversity in Law](#)
- [Accessibility without a Disadvantage](#)
- [Neurodiversity in the Legal Profession](#)

Watch:

- [What is Neurodiversity?](#)
- [Neurodiversity: The New Normal](#)
- [The Neurodiverse Lawyer Podcast](#)
- [Lawyers with ADHD: Neurodiversity & Mental Health](#)

Practice:

- [5 Tips for Law Students with Adult ADHD](#)
- [Managing ADHD and Neurodivergence at work](#)
- [Neurodiversity: how to stop becoming overwhelmed](#)



I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

ADHD Support Groups

- [CADDAC Western Canada](#)
- [ADHD Skills Support Group](#)

Here2Talk:

- Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.
- 1-877-857-3397

Lawyers Assistance Program of BC:

- [LAPBC](#) - Counselling & Workshops

Finding a private therapist:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice

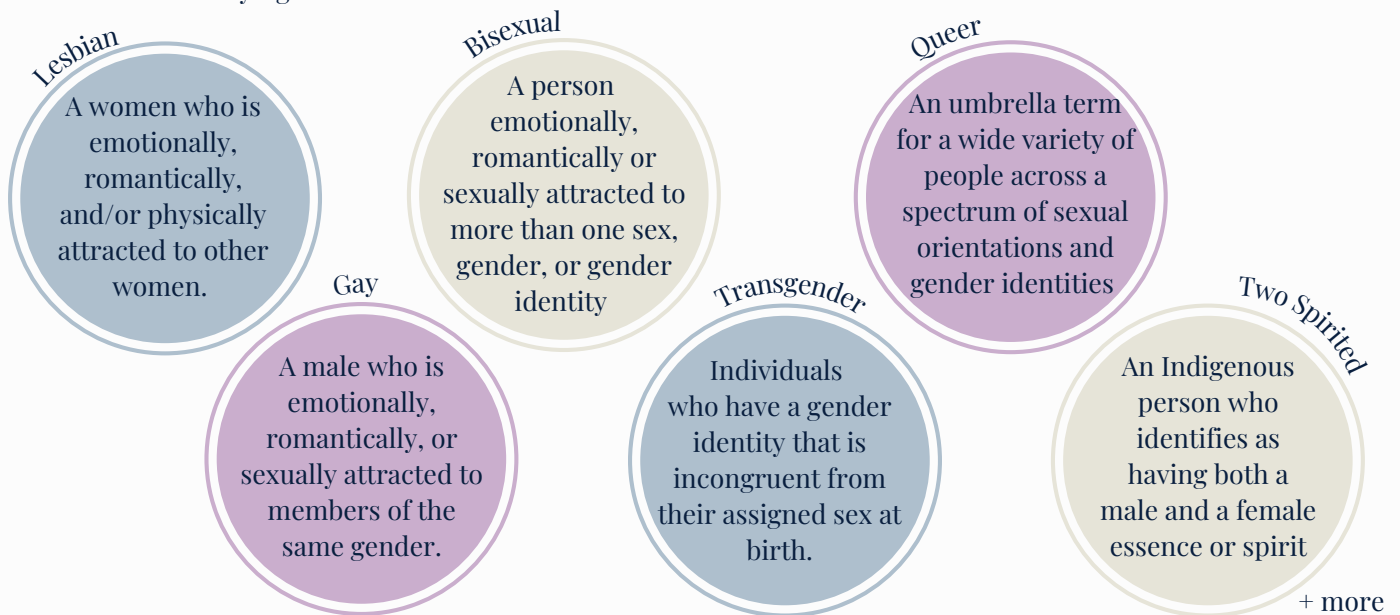


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2SLGBTQIA+

Individuals identifying as:



I want to self-explore

Read:

- [UBC Equity Positive Space Website](#)
- [PFLAG LGBTQ+ Glossary](#)
- [Experiences of the 2SLGBTQIA+ community within the legal profession](#)
- [The New Generation of Queer Lawyers](#)

Watch:

- [What does 2SLGBTQIA+ mean?](#)
- [LGBTQ+: What it means and other important terms](#)
- [Gender Explained](#)
- [LGBTQ+ Lawyers: Rights Advocacy](#)

Practice:

- [UBC Course on Positive Spaces](#)
- [Becoming an Ally](#)
- [How to be a Better Ally to the LGBTQ+ Community](#)
- [Practicing Active LGBT+ Allyship](#)



I want guided support

Allard 2SLGBTQIA+ Clubs:

- TRALLARD
- OUTLAWS

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling has two Indigenous Counsellors to support: 604-822-3811

Resources available at UBC & in the Community:

- [UBC Equity Office Resources](#)
- [QMUNITY](#)
- [JQT Vancouver](#)
- [PFLAG Vancouver](#)
- [Transgender Health Centre \(VCH\)](#)

Finding a private therapist:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice & Preference



If you are in crisis, visit your closest emergency department or call 1-800-784-2433.



IBPOC

Individuals identifying as Indigenous, Black or a person of colour. They can face increased levels of stress across their lifespan due to systemic racism, bias, microaggressions, and intergenerational trauma.

In 2019, the Law Society of BC studied diversity within the legal profession. 16.15% of respondents identified as a visible minority, 3.52% identified as 2SLGBTQIA+, 2.71% identified as Indigenous, and 23.6% decided not to identify themselves in the survey.

(Law Society of British Columbia, 2019)

Allard's dedication to diversity and inclusion is not only shown through the Indigenous Legal Studies Program and their wide range of student lead clubs such as the BIPOC Student Alliance, the Muslim Students Association, the Black Law Students' Association, the Indigenous Law Students' Association, and the South Asian Law Students' Association.



😊 I want to self-explore

Read:

- [BIPOC: What It Means and Why It Matters](#)
- [Amplifying the Experiences of Black Law School Graduates](#)
- [Indigenous Lawyers in Canada](#)
- [Tackling Racial Disparities in Legal Education](#)

Watch:

- [Hidden Side of Social Justice: Black Lawyers](#)
- [Being Indigenous in the Legal Profession](#)
- [Systemic Racism in the Legal Profession](#)
- [BIPOC students share lived experiences](#)

Practice/How to be an Ally:

- [What does it mean to be an Ally?](#)
- [How can you be an effective Ally?](#)
- [Indigenous Ally Toolkit](#)
- [Be a Better Ally](#)

😞 I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling has two Indigenous Counsellors to support: 604-822-3811
- UBC Counselling Group: [\(Re\)Claim and Connect: A Guided Storytelling for Asian Americans](#)

Vancouver Community Supports:

Indigenous:

- [Circle of Eagles Lodge Society](#)
- [Vancouver Aboriginal Health Society](#)

Asian American:

- [Federation of Asian Canadian Lawyers](#)

Black:

- [Vancouver Black Therapy & Advocacy Foundation](#)

Finding a private therapist:

- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice & Preference

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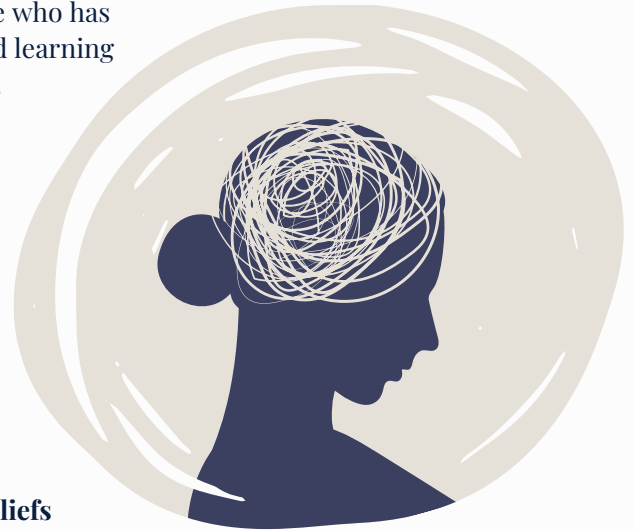
EXPERIENCING VICARIOUS TRAUMA

Vicarious trauma is a normal response to supporting someone who has experienced trauma. Ongoing exposure to hearing, seeing, and learning about these indirect experiences can have an impact.

Possible symptoms of vicarious trauma:

Difficulty with sleeping, feelings of helplessness, flashbacks, re-experiencing the situations, irritability, doubting your own abilities, difficulty with concentration and retaining information, feeling a sense of numbness when interacting with clients, increasing need to use sick days, increase of unhelpful coping mechanisms, feelings of being on alert, and a change in the core beliefs of the working professional.

Vicarious trauma studies show high levels of distress, high symptoms of depression and anxiety, and negative cognitive beliefs in safety and intimacy in Criminal and Family Lawyers.
(The Law Is Not as Bling as it Seems: Relative Rates of Vicarious Trauma among Lawyers and Mental Health Professionals, 2016)



😊 I want to self-explore

Read:

- [What is Vicarious Trauma?](#)
- [Signs of Vicarious Trauma](#)
- [Vicarious Trauma in the Legal Profession](#)
- [Vicarious Trauma: It's Okay to Not to be Okay](#)

Watch:

- [What is Vicarious Trauma?](#)
- [Drowning in Empathy: The cost of Vicarious Trauma](#)
- [Identifying and Coping with Vicarious Trauma](#)
- [Self-Care Strategies in Trauma Work](#)

Practice:

- [Teaching Law Students: Lessening the Potential Effects of Vicarious Trauma](#)
- [Dealing with Vicarious Trauma](#)
- [Coping with Trauma: A Social Justice Law Student's Guide](#)

😞 I want guided support

UBC Counselling Services:

- [Embedded at Allard:](#)
[\[www.calendly.com/allardwellbeing\]](http://www.calendly.com/allardwellbeing)
- Central UBC Counselling: 604-822-3811

Here2Talk:

- Free 24/7 confidential counselling and community referral services for university students in BC via app, phone and web.
- 1-877-857-3397

Lawyers Assistance Program of BC: lapbc.com

Finding a private therapist with focus in Depression:

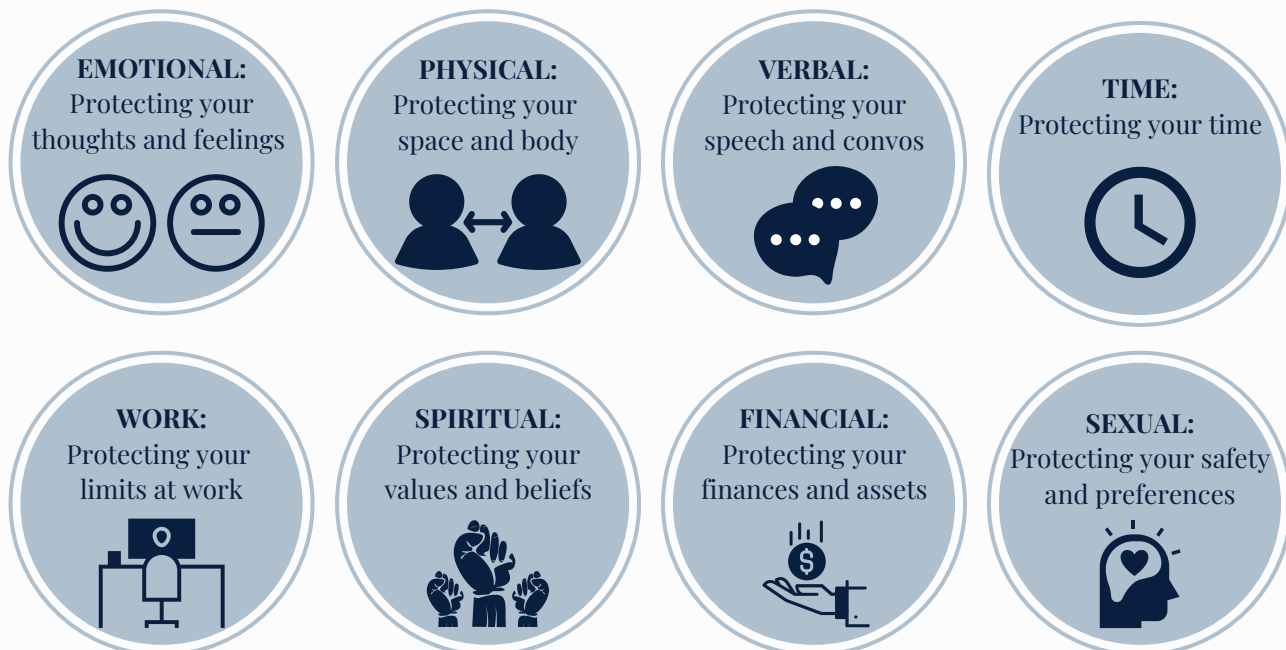
- [BCACC - Find a Counsellor](#)
- Filter by Area's of Practice & Preference

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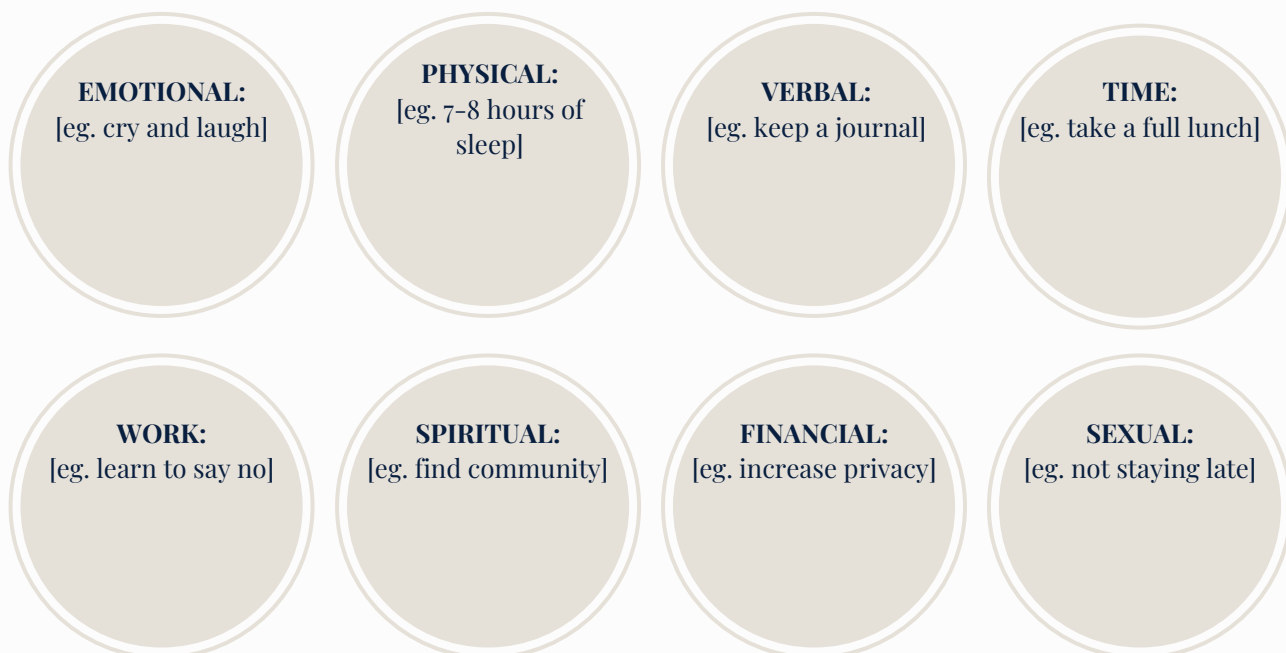
IDENTIFYING BOUNDARIES & PROTECTING YOU

Setting boundaries and developing a self-care practice is important for mental health & wellbeing. It is especially important when discussing a profession with high emotional and physical demands such as becoming and being a lawyer. Identifying boundaries is recognizing the need to set and enforce limits, protect your self-esteem, maintain self-respect, and enjoy healthy relationships.

It is important to acknowledge the 8 areas where you can set healthy boundaries:



Activity area to acknowledge your limits and create your own healthy boundaries:





ACTIVITY SHEETS

"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" surveyed 3300 law students from 15 different law schools from 2014-2016. 42% of students responded that they believed they needed support for emotional and mental health challenges, but only half of them accessed counselling. The hope at Allard is that students and staff can normalize and encourage accessing resources and support to break down the stigma associated with accessing mental health support in law.

The Toolkit and activity sheets are meant to provide more knowledge and supplement mental health support. It is not meant to be a replacement when therapeutic support is needed.

UNDERSTANDING YOUR WINDOW OF TOLERANCE

HYPERAROUSAL

Feeling overwhelmed, angry, and anxious with possible panic attacks.

Initial response might be to fight or run away, which may not be possible – sensations take over.



Ways to shift from a fight or flight state:

- Pause and engage grounding and soothing exercises
- Recognize the aroused state that you are in
- Increase awareness of thoughts and body sensations

OPTIMAL / LEARNING ZONE

Feeling present, calm, and safe.

Uncomfortable feelings may be present but you are feeling in control.



Ways to expand your capacity:

- Mindfulness
- Grounding exercises
- Maintaining a routine/ schedule

Ways to shrink your capacity:

- Stress & Anxiety
- Neglecting basic needs
- Unrealistic expectations

HYPOAROUSAL

Feeling disconnected and zoned out, or feeling as though you are numb or frozen as you navigate day to day events with limited to no energy.



Ways to shift from a frozen state:

- Notice your body sensations
- Engage in physical movement and stimulate your senses
- Reach out and connect with others

COPE WITH BIG FEELINGS

1	DEEP BREATHS: Taking a few deep breaths can help to pause and clear mental space to recognize my feelings.
2	IDENTIFY THE EMOTION: Taking a few minutes to tune into body and mind sensations. Using the Feelings Wheel to spot and label the emotion that I am currently feeling. Important reminder: you can be feeling more than one feeling at a time and sometimes they can be conflicting feelings: " <i>I am happy-sad today</i> "
3	ACKNOWLEDGE THE EMOTION: Take time to observe the thoughts and emotions without judgement. Provide yourself with validation and self-compassion that it is okay to feel this way. Important reminder: all emotions have a purpose.
4	REFLECT: I can notice that my thoughts, feelings and behaviours are all connected. I notice which thoughts are helpful and challenge the ones that are unhelpful. Questions for challenging thoughts might be: <ul style="list-style-type: none">• Am I falling into a thought trap?• What evidence do I have that this thought is true?• Have I confused a thought with a fact?• What would I tell a friend if they had the same thought?• How many times has _____ happened before?• What is the worst that could happen?• If it did happen, what could I do to cope with or handle it?
5	COPING: Taking time to challenge our thoughts and view the emotion from a different perspective can be a great coping strategy. Try using other coping strategies that are healthy and not self-destructive. This can be a skill that you already engage in regularly or a new coping strategy that you build up to finding soothing.

WAYS TO COPE

At Allard, we put an emphasis in our monthly programming on strategies to implement to support your 7 areas of wellbeing. There are pages in the resource section of the Toolkit that are dedicated to checking in with yourself and creating goals for these 7 areas. This can be a helpful tool in preventing burnout and widening your window of tolerance. In other situations, you may find yourself needing to cope with an event, emotions that overwhelm you, or unhelpful thoughts that seem to be on replay in your mind. Below are 6 different areas where we can explore coping tools.

EMOTIONAL AWARENESS

Strategies for identifying and expressing feelings. [Eg. using the Feelings Wheel, journal prompts, using art supplies, therapy... etc.]

MY STRATEGY IS:

SELF-SOOTHING

Finding ways to comfort yourself using your five senses. [Eg. discovering things that bring you joy through touch, hear, see, taste and smell]

MY STRATEGY IS:

DISTRACTION

Things that you can do to take your mind off of a challenge for some time. [Eg. reading, puzzles, knitting, music, movies, sudoku, calling a friend... etc.]

MY STRATEGY IS:

OPPOSITE ACTION

Trying something opposite to the way you are feeling to change the emotion and delay impulse to react negatively. [Eg. watch a funny movie when sad]

MY STRATEGY IS:

GROUNDING

Strategies to center yourself in the present moment. [Eg. yoga, lions breath, lengthening your exhales, meditation recording, mindful eating activity]

MY STRATEGY IS:

CRISIS PLANNING

Building a plan that identifies your triggers, things you can try to do to ride out the wave of intense emotions and people you can call for extra support.

MY STRATEGY IS:

REDUCE STRESS BY CHANGING YOUR THINKING

The Allard Hall Mental Health Toolkit explains common unhelpful thinking traps, the tools to identify what emotion someone might be feeling, and how to cope with it. This activity allows students to identify a situation or stressor they are currently experiencing and walk themselves through what thoughts and feelings may be connected to this that is disrupting our performance at school or our relationships with others. The Allard Student Wellbeing Counsellor encourages students to review unhelpful ways of thinking and challenge these thoughts.

Step 1: Identify the Situation

Describe the situation that is causing stress or triggering your emotions.

Step 2: Analyze Your Feelings

Describe sensations in your body and reference the Feelings Wheel to label the emotions.

Step 3: Identify Automatic Thoughts

Make a list of your automatic thoughts in response to the situation.

Bonus: point out which thoughts can be connected to unhelpful thinking traps [eg. all or nothing thinking, "should" statements... etc.]

Step 4: Find Objective Evidence

Write down any evidence you can find that supports the automatic thoughts and any evidence that contradicts the thoughts. Write down possible helpful thoughts in replacement.

Step 5: Check In With Yourself

Take a moment to check in with yourself. Do you feel better about the situation? Is there any action you need to take? Write down your present feelings, along with any further steps that you need to take [eg. possible coping tools or problem solving actions].

SOLVING A PROBLEM

When we are feeling emotions, sometimes we need to hold space and validate how we are feeling, while other times we are faced with emotions that come with challenging situations that need to be solved. This worksheet creates space for you to dig deeper in solving your problem.

Reminder: we are not able to think logically if are emotions are flooding our brain and body. Take time to regulate yourself before walking through this worksheet.

Define your problem

Brainstorm 3-4 solutions for your problem

Weigh the strengths and weakness to each solution

Build a plan to implement the solution you feel most comfortable with and a plan for coping if emotions arise

Take time to debrief.
If you had the chance to solve this problem again, would you choose the same solution?

CREATING A PLAN FOR A DIFFICULT TIME



Remember:
Help is always
available.



1

My warning signs are:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

2

My effective coping strategies are:

*These are things you can do to help lift your mood, like meditation or exercise.

3

People I can reach out to for distraction:



4

People I can reach out to for help:



5

Steps I can take to make my environment safer:

6

In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services.



DISCOVER CORE VALUES

Values are personal beliefs and priorities that serve to guide human behaviour. Acceptance and Commitment Therapy is a type of therapy that asks us to reflect on our core values as an individual and see if we are making choices and setting goals inline with those values. Often wellbeing distress can come from living and acting outside of our core values.

Exploring and identifying our core values acts as a compass when it comes to making decisions, regulating our emotions, and building relationships with others. When exploring our values, it can be helpful to go based off of a list [such as [Brene Brown's list of values](#)] or to take time to reflect on things that make you feel good, what others admire about you, and what you admire in others. Additionally, it can be helpful to reflect on specific qualities you like or standards of behaviour that you have.

Step 1: Explore & Identify Your Values

Use this space to answer some of the exploration questions above and highlight 3 values that would be at your core.

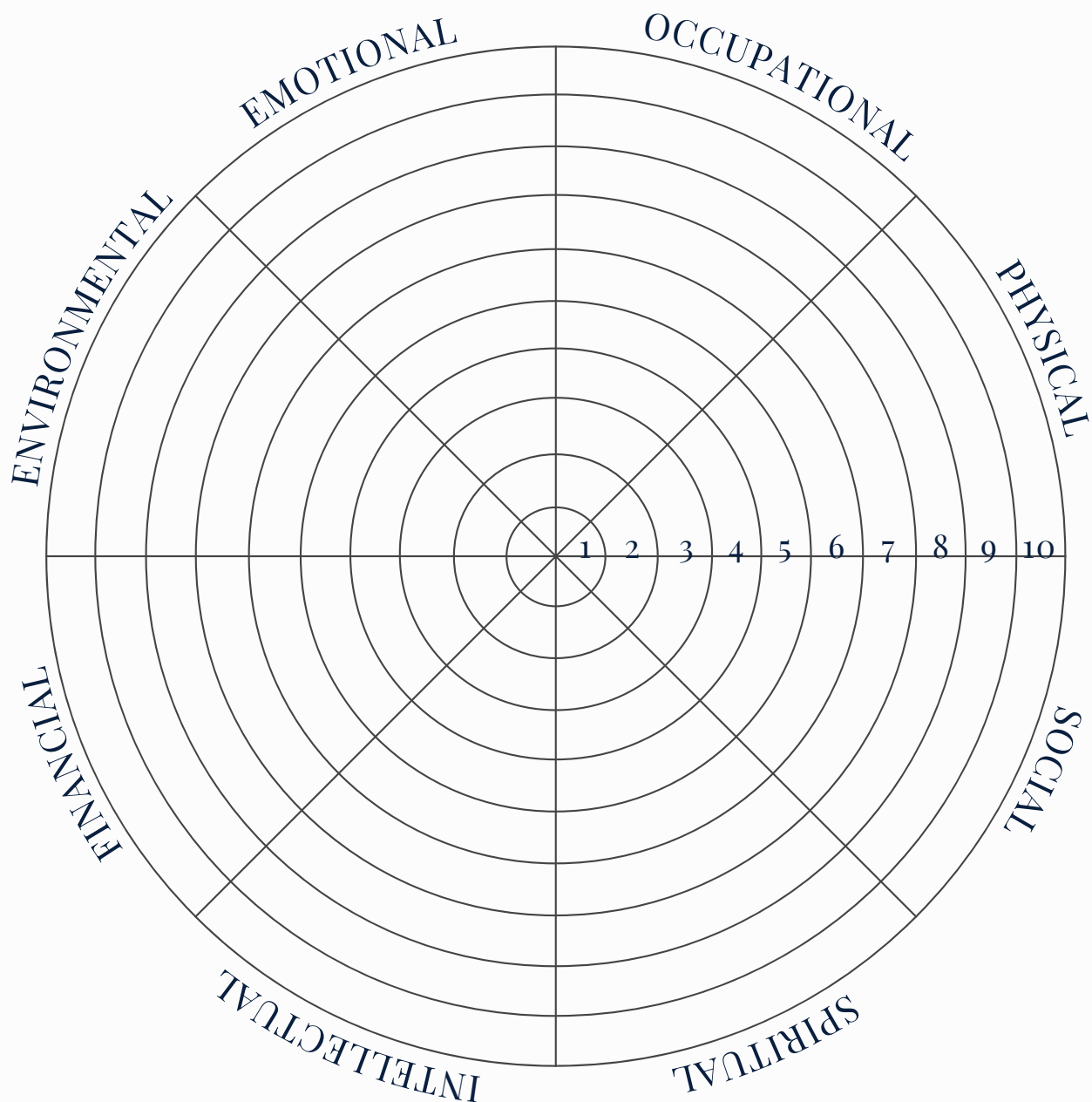
Step 2: Identify Behaviours That Support Your Values

How do you walk the talk? Take some time to acknowledge the actions you take that line up with what is important to you and what you believe in. It might also be helpful to acknowledge if you are currently acting in ways that are outside of your values.

GOAL SETTING IN YOUR DIMENSIONS OF WELLBEING

It is important to acknowledge our core values and check in on how we are doing in each dimension of wellbeing. The next two worksheets will focus on rating where you are right now in each dimension and build your own plan to create more balance in your life.

As a student, there are times in the year where building balance may feel incredibly difficult and it is important to acknowledge your capacity and set realistic goals.



REFLECT & SET GOALS

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
EMOTIONAL			
OCCUPATIONAL			
PHYSICAL			
SOCIAL			
SPIRITUAL			
ENVIRONMENTAL			
FINANCIAL			
INTELLECTUAL			

TODAY'S PLAN

To Do List



REMINDER

SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00





wellbeing@allard.ubc.ca

<https://allard.ubc.ca/student-portal/student-wellbeing>



**PETER A. ALLARD
SCHOOL OF LAW**

THE UNIVERSITY OF BRITISH COLUMBIA