NEW YORK LAW SCHOOL

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9-8-8/Suicide and Crisis Lifeline Policy

Statement of Policy

The 988 Suicide & Crisis Lifeline is a free and confidential service of the New York State Office of Mental Health. The Lifeline connects callers to trained crisis counselors 24/7. You can reach the Lifeline by call, text, or chat, and a trained counselor will listen, work to understand what you are going through, and connect you to further support if needed. When you call, you will have the option to connect with a Veterans-specific counselor, Spanish-speaking counselor, or counseling through Videophone if you have a hearing impairment. The Lifeline can help with thoughts of suicide, substance use, a mental health crisis, or any other kind of emotional distress**. You do not need to be in crisis to reach out, and you can also contact 988 if you're worried about someone else.**

NYLS also offers important mental health and wellness resources for our entire community.

FOR STUDENTS

Mental health and wellbeing is a shared, school-wide responsibility. If you are struggling, or just aren't sure where to turn, we encourage you to speak with your professors, dean, advisor, or any staff member you trust. They can help point you toward the right resource.

- **Mental health counseling:** Email counseling@nyls.edu to schedule a confidential appointment on campus with Isabella Poloes, Licensed Mental Health Counselor; or sophia.soloway@nyls.edu to schedule an appointment with Sophia Soloway, Licensed Clinical Social Worker. Both Ms. Poloes and Ms. Soloway offer free, confidential short-term counseling services.

- **Aetna Student Assistance Program (SAP)**: Free confidential student counseling service available at www.resourcesforliving.com (***Username and Password:*** NYLaw) or call the 24-hour line for immediate support at **877.351.7889.**

FOR FACULTY AND STAFF

Through our Human Resources benefits provider, the Law School offers an Employee Assistance Program (EAP). As described in the link, the EAP offers counselling services for a variety of mental health concerns, as well as legal, financial and work-life balance resources. Sophia Soloway is also available to provide counseling services to faculty and staff.