

MENTAL HEALTH WEEK

OCTOBER 8 – 14, 2025

The American Bar Association (ABA) recognizes Friday, October 10, as Law School Mental Health Day. In honor of this day, New York Law School (NYLS) will host a Mental Health Awareness and Wellness Week featuring activities and discussions that highlight positive mental health and wellness practices. This programming is part of a broader initiative at NYLS to support the mental health and well-being of our community and students.

Wednesday, October 8
12:50 p.m.–1:50 p.m.
W400

Join Dean Su for a relaxing lunchtime meditation session, with lunch generously provided by Weil, Gotshal & Manges and co-sponsored by the Legal Association for Women (LAW) and the Trial Competition Team.

Thursday, October 9
12:50 p.m.–1:50 p.m.
WA11

Join the Restorative Justice Law Students Association (RJLSA) for a student-led circle event focused on discussing the importance of mental health as a law student. This open, supportive space will offer an opportunity to share experiences, build community, and reflect on the unique challenges of navigating law school while prioritizing well-being.

Monday, October 13
12:50 p.m. – 1:50 p.m.
Events Center

Join Club Pilates for a beginner-friendly mat session focused on strength and balance. All levels are welcome. A signed release form and a mat are required to participate. Don't forget your water bottle.

Tuesday, October 14
12:50 p.m. – 1:50 p.m.
Events Center

Take a break and recharge with a yoga session. All levels are welcome. A signed release form and a mat are required to participate. Don't forget your water bottle.



For more information and to register for events, visit www.nyls.edu/MentalHealthWeek

Please note: Students may sign up for either the yoga session or the Pilates session—not both. If you register for both, we will automatically remove your name from the second session to ensure fair access for all students.

Hosted by the NYLS Office of Student Life and the NYLS student organizations: The Organization for Health Minds, Legal Association for Women, and Restorative Justice Law Student Association.

