



# South Texas College of Law Houston

HOUSTON'S OLDEST LAW SCHOOL - EST. 1923

## WELLNESS KIT

✉ [studentsupport@stcl.edu](mailto:studentsupport@stcl.edu)

📍 Room: 255

☎ 713-646-2975

🌐 <https://www.stcl.edu/student-academic-affairs/counseling-health>

### Campus Resources

#### TEXAS LAWYERS ASSISTANCE PROGRAM

[www.TLAPHELPS.org](http://www.TLAPHELPS.org)  
Call or Text: 1-800-343-TLAP (8527)  
(Confidential Wellness Support -Mental Health or  
Substance Issues)

#### MENTAL HEALTH COUNSELING\*

**STCLH Contract Providers:**  
**Dr. Jacklin Tawadrous (Krist Samaritan  
Center):**

281-480-7554

**Ann Harper Weiss: 832-969-0676**

📍 Meditation Room: Room 336 (Space for quiet  
reflection)

### Community Resources

#### HOUSTON FOOD BANK

For Food Assistance Call: 832-369-9390  
SNAP Benefit Info.:  
<https://www.houstonfoodbank.org/find-help/snap/>  
Download the Houston Food Bank App:  
[https://www.houstonfoodbank.org/find-  
help/hfbapp/](https://www.houstonfoodbank.org/find-help/hfbapp/)

#### NATIONAL SUICIDE PREVENTION

Call: 988  
Crisis Text Line: Text HELLO to 741741  
Lifeline Crisis Chat (Instant Messaging):  
<https://suicidepreventionlifeline.org/chat/>

#### EATING DISORDER HOTLINE

Online Chat:  
<https://www.nationaleatingdisorders.org/helplinechat>  
(Mon.-Thurs. 9am-9pm ET)  
Crisis Text Line: Text HOME to 741741

#### COMMUNITY MENTAL HEALTH RESOURCES

##### **Private Therapists Lawyers Recommended to TLAP:**

Lori Feister, LCSW, 713-882-7903  
Martha Fontana, LCSW, 832-778-6750  
Michael Klaybor, PhD, 713-621-2490

##### **Other Recommended Private Therapists:**

Sehrish Ali, LPC, CEDS, 832-501-2378  
Michael Dangerfield, LPC, 281-672-8059  
Trisha Rojas, LPC-A, 832-233-3086

##### **Resources for Finding a Therapist:**

Psychology Today:  
<https://www.psychologytoday.com/us/therapists>  
Talk Space:  
<https://www.talkspace.com>  
Find a Psychologist Org.:  
<https://www.findapsychologist.org>

#### DOMESTIC VIOLENCE RESOURCES

Local:  
Houston Area Women's Center  
Domestic Violence Hotline  
(713) 528-2121  
Aid to Victims of Domestic Abuse (AVDA):  
713-224-9911  
Sexual Assault Hotline  
(713) 528-RAPE (7273)  
Texas:  
Texas Advocacy Project  
800-374-HOPE (4673)  
National:  
The National Dating Abuse Helpline  
1-800-799-7233

For more information please visit the Student Support Webpage

#### **Staff:**

Assistant Dean: Genia Singleton, J.D., 713-646-1778  
Senior Director: Lyndsay Garmond, J.D., 713-646-2967  
Student Support Specialist, Wellness: Jazmine Rivera, M.A., 713-646-1714  
Student Support Specialist, Accessibility & Disability: Adria McCray, M.S., 713-646-1790



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## Community Resources

### FITNESS CENTERS

<https://www.downtownhouston.org/guide/recreation-fitness/>

#### **Gyms**

711 Fit:

<https://www.711fit.com>

Downtown Club at Houston Center:

<http://www.clubcorp.com/Clubs/The-Downtown-Club>

Tellepson Family Downtown YMCA:

<https://www.ymcahouston.org/locations/tellepsen-family-downtown-ymca>

Main Boxing Gym:

<http://www.heritagemuaythai.com>

24- Hour Fitness:

<https://www.24hourfitness.com>

#### **Yoga**

Republic Aerial Yoga:

<https://www.republicaerialyoga.com>

Black Swan Yoga:

<https://blackswanyoga.com/houston/>

#### **Cycling**

Ryde:

<https://letsryde.com>

### LEGAL AID

Texas Law Help:

<https://texaslawhelp.org/>

### SPIRITUAL

Downtown Houston Guide (Worship):

<https://www.downtownhouston.org/guide/worship/>

Institute of Spiritual Health:

<http://www.ish-tmc.org>

Interfaith Ministries for Greater Houston:

<https://www.imgh.org>

### HEALTHY EATING

Daily Juice Café:

<https://www.dailyjuicecafe.com>

Sweet Green:

<https://www.sweetgreen.com>

Salata:

<https://salata.com>

Snap Kitchen:

<http://www.snapkitchen.com>

Leaf Grain:

<https://www.eatlg.com>

### COMMUNITY HEALTH SERVICES

United Way Houston:

<http://referral.unitedwayhouston.org>

Legacy Community Health:

<https://www.legacycommunityhealth.org>

Harris Health:

<https://www.harrishealth.org/>

Federally Qualified Health Center:

<https://findahealthcenter.hrsa.gov/>

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### Additional Resources

#### YOUTUBE CHANNELS

The Mindful Movement:  
<https://www.youtube.com/c/TheMindfulMovement>  
The Great Meditation:  
<https://www.youtube.com/c/GreatMeditation>  
Meditation Vacation:  
<https://www.youtube.com/c/MeditationVacation>  
Therapy in a Nutshell:  
<https://www.youtube.com/c/TherapyinaNutshell>

#### PRODUCTIVITY APPS/WEBSITES

Focus To-Do:  
<https://www.focustodo.cn>  
Tomato Timer:  
<https://tomato-timer.com>  
Forest:  
<https://www.forestapp.cc>  
Other Apps Vetted Professionals:  
<https://mindapps.org/>

#### APP/SITES FOR MOOD REGULATION, MINDFULNESS, & WELLNESS

Insight Timer:  
<https://insighttimer.com>  
Smiling Mind:  
<https://www.smilingmind.com.au>  
Escapista:  
<https://escapista.app/historico>  
Breathe:  
<https://xhalr.com>  
Self-Compassion:  
<http://www.selfcompassion.net>

#### WAYS TO INCREASE RESILIENCE

1. Gratitude journaling (list 3 things per day that you are glad to have in your life)
2. Random acts of kindness (be kind to someone intentionally on a daily basis)
3. Debrief (talk to someone about what's going on).
4. Cultivate hobbies! (singing, musical instruments, running, dancing, painting, etc.)

#### 10 STRESS RELIEF TIPS

1. Stay connected/Don't isolate
2. Rest/Exercise/Eat Well
3. Calendar time for self-care
4. Don't try to be perfect
5. Don't take things too seriously!
6. Practice gratitude
7. Learn to Relax/ Meditate
8. Do service work
9. Disconnect from screens
10. Ask for help

#### SHORT RELAXATION TECHNIQUES

##### Box Breathing

- Exhale to a count of four
- Hold your lungs empty for a four-count.
- Inhale to a count of four.
- Hold air in your lungs for a count of four.
- Exhale and begin the pattern anew.

##### Simple Visualization Exercise

- Create in your mind an ideal spot to relax. It can be:
  - real or imaginary
  - somewhere you will find restful, calming, safe and happy
  - a place you would want to return to whenever you feel the need to relax
  - Imagine it in as much detail as you can – use your senses to make it as real as possible – and see yourself comfortably enjoying this place.
  - Now close your eyes and take a slow, regular breath in through your nose. Become aware of your breathing. Focus on your relaxation place in all its detail and breathe out through your mouth.
  - Do this exercise for 10 to 20 minutes.

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## Additional Resources

### SHORT RELAXATION TECHNIQUES

#### (CONT.)

#### **Quick Muscle Relaxation\***

- Sit in a comfortable chair
  - Close your eyes and concentrate on your breathing. Slowly breath in through your nose and out through your mouth.
  - Make a fist, squeezing your hand tightly.
  - Hold this for a few seconds, noticing the tension.
  - Slowly open your fingers and feel the difference – notice the tension leaving. Your hand is much lighter and relaxed. Enjoy this feeling.
- \*If you have any physical injuries or conditions that may cause muscle pain, don't tense the muscle in that area.

### IDEAS FOR SELF-NURTURING ACTIVITIES

1. Go for a walk.
2. Listen to music.
3. Reflect on positive qualities: "I am . . ."
4. Tell yourself the loving words you want to hear from others.
5. RELAX: Watch the clouds.
6. Participate in a hobby.
7. Imagine achieving goals and dreams.
8. Watch a favorite TV show.
9. Visit a park.
10. Watch the sunrise or sunset.

### PODCASTS

The Resilient Lawyer:

<https://resilientlawyer.libsyn.com/>

Path to Law Student Well Being:

[https://www.americanbar.org/groups/lawyer\\_assistance/events\\_cle/path\\_to\\_law\\_student\\_well-being\\_podcast\\_series/](https://www.americanbar.org/groups/lawyer_assistance/events_cle/path_to_law_student_well-being_podcast_series/)

Law Student Podcast:

<https://abaforlawstudents.com/stay-informed/law-student-podcast/>

### SELF-ASSESSMENT FOR ALCOHOL OR SUBSTANCE USE ISSUES

1. Have you ever thought you should cut down your drinking or substance use?
2. Have you ever felt annoyed when people have commented on your drinking or substance use?
3. Have you ever felt guilty or badly about your drinking or substance use?
4. Have you ever had used alcohol or your substance first thing in the morning to steady your nerves or get rid of a hangover?

*If you answered YES to 1 question, there is a 75% chance you're addicted; 2=85%; 3=95%; 4=99%.*

*Call or text 1-800-343-TLAP (8527).*

*Get help with substance use and other mental health issues.*

### DEPRESSION QUIZ

Answer YES or NO:

1. Are you sad, depressed or melancholic most of the time?
2. Have you lost interest in the activities that you previously enjoyed or have you lost all pleasure?
3. Are you tired or without energy most of the time?
4. Are you suffering from lack of sleep or do you sleep too much?
5. Do you have difficulty concentrating or making decisions?
6. Has your appetite or weight changed?
7. Do you feel guilty or useless?
8. Have you experienced fear or panic attacks for no apparent reasons?
9. Are you restless and do you have difficulty staying in place?
10. Do you worry or feel anxiety?
11. Do you have the impression that you can no longer go on this way and have you thought about death or dying?

*If you answer YES to five or more of the above questions, you should bring your assessment to a mental health professional. You may contact Student Support or TLAP for a referral. If you experience suicidal or recurrent death thoughts, seek medical attention immediately.*

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