

To: MSL students

From: Pota Kaldis, Assistant Dean

Re: Wellness & Well-Being Resource list for MSL Students

*I am a member of the Supreme Judicial Court's subcommittee on Lawyer & Law student well-being, created after the SJC's committee report in 2019 on Lawyer well-being. Below is a list of resources that may be helpful to you as a law student. If you would like to learn more on lawyer well-being, please feel free to contact me at [pota@msslw.edu](mailto:pota@msslw.edu).*

- Massachusetts Supreme Judicial Court Standing Committee on Lawyer Well-being provides resources, training, and programming to support law student and lawyer well-being.  
<https://lawyerwellbeingma.org> (617) 865 5777 [heidi@lawyerwellbeingma.org](mailto:heidi@lawyerwellbeingma.org)

#### **Mental Health and Counseling:**

- School provided resources:

James F. Cropper, JD, LMHC provides consultation, group discussions, and individual therapy sessions. He graduated from MSLAW in 1992, and has over 39 years of diverse experience, especially in clinical social work. [jimcropper007@gmail.com](mailto:jimcropper007@gmail.com)

- Lawyers Concerned for Lawyers of Massachusetts:

Law student support groups, mental health & other resources.  
<http://lclma.org> (800) 525 0210

- NAMI Massachusetts:

Education, trainings, and support groups.  
<https://namimass.org> (617) 580 8541, (800) 370 9085

- Local Hospitals and other Health care information:

Holy Family Hospital- Methuen  
<https://www.holyfamilyhospital.org> (978) 989 0607

Family Services, INC  
<https://fsmv.org> (978) 327 6600

Greater Lawrence Mental Health Service  
<https://www.yellowpages.com/lawrence-ma/mip/greater-lawrence-mental-health-13907335> (978) 683 6300

Greater Lawrence Family Health Center  
<https://glfhc.org> (978) 689 2400

Pentucket Medical - Walk -In Center  
<https://pmaonline.com> (978) 557 8800

Andover Board of Health  
<https://andoverma.gov/170/Board-of-Health> (978) 623 8295

University Health Plans  
<https://www.universityhealthplans.com> (800) 437 6448

Aids Hotline  
<https://hab.hrsa.gov/get-care/state-hiv-aids-hotlines> (800) 235 2331

STD Hotline

<https://www.usa.gov/federal-agencies/cdc-national-std-hotline> (800) 227-8922

MA Dental Society- Referral Service

<https://www.massdental.org/About-the-MDS/Contact-Us> (800) 342 8747

MA Prevention Center

<https://alternativeaddiction.com/drug-rehab/massachusetts/lawrence-ma/massachusetts-prevention-center-merrimack-valley/>  
(978) 688 2323

Poison Control <https://www.poison.org>

<https://aapcc.org> (800) 222 1222

- *Suicide prevention:*

Free, confidential support, prevention and crisis resources.

<https://www.mass.gov/service-details/suicide-prevention-crisis-hotlines> (877) 870 HOPE (4673)

National suicide prevention lifeline: (800) 273 8255

- *Drug & Alcohol Abuse Services:*

Alcoholics Anonymous

<https://www.aa.org> (617) 426 9444

Narcotics Anonymous

<https://www.na.org/meetingsearch/> (866) NA HELP U

Smoking Cessation Classes

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/smoking-cessation-fast-facts/index.html](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html) (617) 726 2000

Psychological Center

<https://psychologicalcenter.com> (781) 666 2012

- *Domestic Violence & Child Welfare*

Women's Resource Center

<https://businessfinder.masslive.com/womens-resource-center-haverhill-ma.html> (978) 373 4041

YWCA

<https://www.womenshelters.org/det/the-greater-lawrence-ywca> (978) 687 0331

Child at Risk

<https://www.look4help.org/search/?id=39959681> (800) 792 5200

Parental Stress Hotline

<https://www.parentshelpingparents.org/stressline> (800) 632 8188

Women, Infants and Children (WIC) <https://www.mass.gov/wic-information-for-participants> (800) 942 1007

### Student support Services:

- *Accessibility and Accommodations:*

Pota Kaldis, Assistant Dean, approves applications for accommodations. [Pota@mslaw.edu](mailto:Pota@mslaw.edu)

<https://www.mslaw.edu/special-accommodations/>

- *Academic support:* Professor Paula Colby Clements is the Director of Academic Services. [Pcolby@mslaw.edu](mailto:Pcolby@mslaw.edu)

- *Discrimination* based on race, color, religion, sex, sexual orientation, age, national origin, disability, disabled veteran status or veteran of the Vietnam era status. Dean Michael L. Coyne at 978-681-0800 or [Coyne@mslaw.edu](mailto:Coyne@mslaw.edu).

- *General student complaints and issues:*

Pota Kaldis, Assistant Dean, [pota@mslaw.edu](mailto:pota@mslaw.edu) ; Diane Sullivan, Assistant Dean, [dianes@mslaw.edu](mailto:dianes@mslaw.edu)

- **Relocation Information**

***Housing:***

Andover Townsman – Classified

<https://www.andovertownsman.com> (978) 475 7000

Boston Globe - Classified

<https://www.bostonglobe.com> (617) 929 2100

Lawrence Tribune -Classified

<https://www.eagletribune.com> (800) 927 9200

Colonial Village- Methuen & S. Lawrence

<https://www.briarcliffmgt.com> (978) 685 1914

River Pointe @ Den Rock - S. Lawrence

<https://www.riverpointe-aps.com/river-pointe-at-den-rock-lawrence-ma/>(978) 528 1501

Pine Brook Place- Haverhill

<https://www.pinebrookplaceapartments.com> (888) 305 1415

Princeton Reserve

<https://www.princetonreserve.com> (978) 248 0717

University Heights

<https://www.mynewplace.com/apartment/university-heights-dracut-ma-1e0310441880> (888) 357 8180

Apartment Guide

[www.Apartmentguide.com](http://www.Apartmentguide.com)

*Voter Registration:*

<https://andoverma.gov/413/Voting-Information>

<https://www.sec.state.ma.us/ovr/> (978) 623 8255

***Religious Organizations***

Andover Clergy Association

<https://mhl.org/houses-worship-andover> (978) 475 3528

***Employment/ Transitional Assistance***

<https://www.mass.gov/orgs/department-of-transitional-assistance> (617) 755 8611

Lawrence Department of Training & Dev

<https://www.mass.gov/doc/lower-merrimack-valley-brochure/download>

<https://masshiremvcc.com> (978) 722 7000

***Legal Services***

MA Bar Association- Referral Service

<https://www.masslawhelp.com> (617) 654 0400

Merrimack Valley Legal Service

<http://www.neighborhoodlaw.org>

<https://lawyers.iustia.com/legalservice/merrimack-valley-legal-services-inc-9336> (978) 458 11465

Victim/ Witness Assistance Program

<https://www.mass.gov/info-details/district-attorney-offices-victim-witness-programs> (978) 683 4300