

Virtual Drop-in Hours for Law Students:

Find the resources you need to take control of your stress and boost your academic success.



**THURSDAY, JANUARY 20TH
FROM 12PM-1PM & 4PM-6PM**

TO ACCESS NHLAP ZOOM WAITING ROOM:

[HTTPS://US06WEB.ZOOM.US/J/83392383930?
PWD=Q0ZSWVVKZP1UC9TUXHNT2LYOHV2UT09](https://us06web.zoom.us/j/83392383930?pwd=Q0ZSWVVKZP1UC9TUXHNT2LYOHV2UT09)

**MEETING ID: 833 92
SCODE: ZH3EDREYIL**

Well-being requires effort, especially in the legal profession, and almost half of law students experience significant challenges to mental health in law school. Find the resources you need to take control of your stress now to feel better throughout your career. NHLAP services are 100% confidential and free of charge.