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10-2022

## Law Library Blog (October 2022): Legal Beagle's Blog Archive

Roger Williams University School of Law

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October 2022 Library Blogs

# *Legal Beagle's Post*

October 7, 2022

## Law School and Mental Health

October 7, 2022



According to the [World Health Organization](#), depression is a common mental health disorder that affects an estimated 5% of the world's adult population. Some studies suggest that lawyers experience depression at a [higher rate](#) than the general population. Attorneys and law schools across the country have begun to realize how extensive this issue is.

October 10th is the American Bar Association Law Student Division's official [National Mental Health Day](#). This day coincides with [World Mental Health Day](#) to recognize the stress, anxiety, and mental health and substance use concerns among law students, lawyers, and others in the legal profession. On this day, law schools and legal employers educate about substance use and mental health disorders and promote programs and events to those facing mental health or substance use concerns. Ultimately, on Mental Health Day we aim to break the stigma associated with mental health and substance use.

As the largest voluntary association of lawyers in the world, the ABA recognizes and is committed to [improving the mental health](#) of attorneys and law students. The ABA began with the [well-being pledge](#) from legal employers, law schools, and government agencies in September 2018. You can find the [Well-Being Toolkit](#) for Law School Students, [Podcasts](#), and a directory of [Law Student Mental Health Resources](#) on the [ABA For Law Students site](#).

To help address the needs of the RWU Law community, the law school has a [Student Wellness page](#). This page contains information on accessing counseling services on campus, how to contact the Dean of Students Office, fitness and recreational services on campus, upcoming wellness-related events, and more!

One of the resources highlighted on the Student Wellness page is the [Law Library's LawGuide](#) to help you find ways to manage the stress of law school in serious (and not-so-serious) ways. The guide includes information on [wellness and the law](#) generally, the various [reflective spaces at RWU](#), and ways to bring [some fun](#) into your life while in law school.

The message from these resources, and all of us, is that you are not alone. There are many resources (including people!) ready to support you and your mental wellness as you navigate the stressful years of law school and beyond.

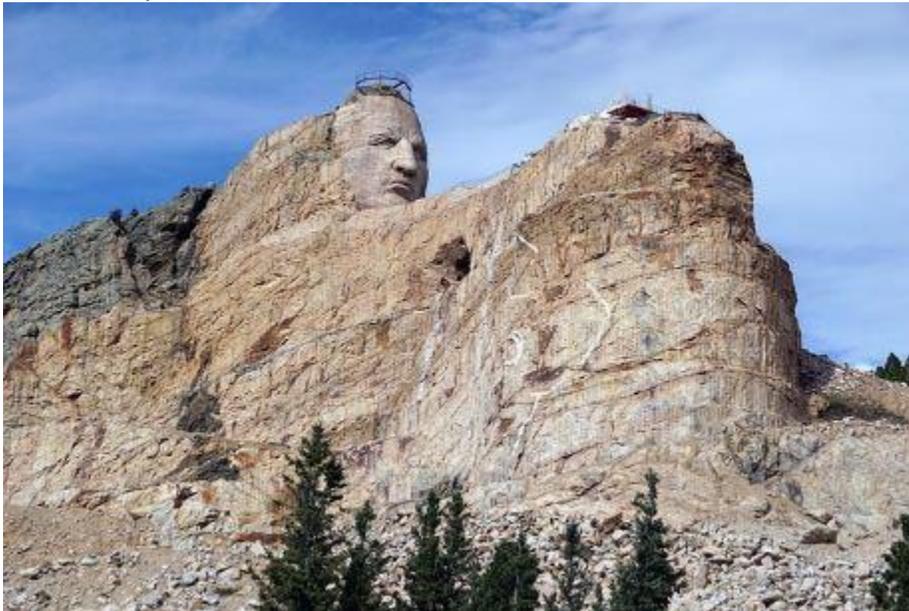
On that note, please stop by the Law Library the week of October 10 to view our Wall of Hope. The library has placed a board on which to share post-it notes of positive thoughts, inspiring quotes, and encouraging ideas. The Wall is intended as a user-generated source for help with the motivation to get you through the long days (and nights) of classes, reading, and studying. Already have a phrase or mantra that you find particularly helpful? Please consider submitting it to the Wall of Hope to give your fellow students a boost!

Remember, the Law Librarians are here to answer your questions or to help point you in the right direction—just [Ask a Librarian](#).

October 21, 2022

# Indigenous Peoples of the Americas: History, Culture & Law

October 21, 2022



The Law Library is pleased to announce its newest digital resource: HeinOnline's "[Indigenous Peoples of the Americas: History, Culture & Law](#)" library. The database provides access to over 3,700 titles relating to Federal Indian Law and indigenous American law, including:

- 418 indigenous treaties;
- About 30,000 pages of tribal codes;
- 25 serial titles, including the American Indian Law Review, Indigenous Peoples' Journal of Law, Culture and Resistance, and NARF Legal Review;
- Over 770 works related to the constitutions and laws of indigenous American tribes; and
- Digital access to hundreds of scholarly sources relating to the history, culture, and law of the indigenous peoples of the Americas.

As [Rennard Strickland wrote](#), "Law truly dominates the life of America's Indian people, and dominates it in a way not imaginable to the non-Indian." With the addition of this new database, the Law Library is proud to reaffirm and uplift our school's commitment to the study of indigenous law and advocacy.

A permanent link to the database can be found in the Library's [Digital Resources A-Z page](#).