Do you need someone to talk to?

All conversations are confidential!

Elizabeth Eckhardt
LCSW, PhD, Psychotherapist

For personal counseling with students and consultations with faculty and staff, call her office at (516) 616-3296 or contact the Office of Student Services (Room 302, 631-761-7050, studentservices@tourolaw.edu)

Charlotte Taylor
Assistant Dean for Student Services

Office of Student Services, Room 302 (631) 761-7050 or ctaylor@tourolaw.edu.

Mon. - Thurs.: 10 a.m. - 6:30 p.m.
Friday: 9 a.m. - 2:30 p.m.

Robert Fogel
Campus Rabbi

For appointments call (631) 761-7440 or email robert.fogel2@tourolaw.edu.

Monday or Thursday:
12:30 p.m. - 5:00 p.m.

Jamie Ruiz
3LFT, SHS Student Director

If you would like to schedule a meeting with one of the SHS Assistants, please contact Jamie via email and she will arrange a meeting confidentially.

jamie-ruiz@tourolaw.edu

Students Helping Students

→ advise
→ refer
→ listen
→ support
The Touro Law Center Students Helping Students (SHS) program is a student-centered program that was started in 2010. The SHS program’s mission is two-part: first, to serve as a source of comfort, guidance, and referral for fellow students no matter what their concerns or issues might be; and second, to compassionately and competently assist their peers who are at risk or in the throes of mental health problems.

The program is modeled, in part, after the 35 year old Lawyers Helping Lawyers program. The SHS assistants are available to answer the questions that other students—especially students new to the law school—may have, and to refer them, when appropriate, to administrators, faculty or others with the necessary expertise and authority to be of assistance. They offer general law school advice to their peers, assist their peers who are struggling with debilitating stress, alcohol or substance abuse, depression, and other mental health concerns. The SHS assistants are trained to recognize the warning signs of impairment and skillfully intervene. The responsibility of the SHS assistant is to be compassionate, non-judgmental, and knowledgeable of resources. The ultimate goal is to assist others with decisions and not to make the decisions for them.

SHS assistants are not professional counselors, therapists or social workers. SHS assistants do not give advice to other students on how to deal with personal problems, anxiety, depression, suicide, etc. SHS assistants are available to offer internal and external resources to students in order to get them through their difficult time.

The beginning of law school is often stressful. Most of us can handle a certain amount of stress; in fact stress can motivate us and keep life exciting. Those attracted to the profession of law are often the type of people who thrive on stress. But we never know the exact factors that separate those who thrive from those who do not. The “breaking point,” the point at which a person goes from handling stress to unraveling is as unique for each of us as our DNA. When the line between healthy stress and debilitating stress is crossed a person’s mental health is compromised. SHS assistants are available to connect students with the resources necessary to manage the stresses of law school.

The SHS program is designed so that students can contact an SHS assistant directly by email to schedule a time to meet or have a phone conversation. Please visit the TWEN page and click on “Students Helping Students Program” to see a list of the assistants and their contact information. In addition to this program, Touro Law Center’s Office of Student Services facilitates Stress Relief and Lawyer Assistance Program sessions as part of the mandatory 1L workshops. These programs are all part of Touro’s commitment to provide resources to enhance student wellbeing as they navigate the difficult, often stressful, journey of their legal education.