

On Wednesday, October 10, 2018 the University of Kentucky College of Law Student Bar Association sponsored the school's first Mental Health awareness event. The event was a two-part event. The first part consisted of a guest speaker from the Kentucky Lawyers Assistance Program (KYLAP). The first speaker works for KYLAP and talked about all of the services KYLAP has to offer and why she felt that it is important to address mental health issues and substance abuse issues among lawyers and law students. She also shared some of her personal experiences of having substance abuse issues in the past. The second speaker was an attorney who worked as in-house counsel at Gucci for many years. She also shared her experience with mental health and substance abuse while being a practicing attorney. Both speakers talked about how important it is to take care of your mental health while in law school and ways to do so. They also really stressed on trying to get rid of the stigma associated with mental health and how it is okay to seek help.

The second half of the event consisted of a fair, where different vendors from the community and our campus came and tabled. They offered their resources pertaining to mental health and overall wellness. Students were able to walk around with their classmates and collect any information they needed, without any stigma. At the fair there was box lunches provided and free t-shirts, advertising our mental health day. Here is a list of the vendors who participated in the fair: UK Law Wellness, CoreLife Eatery, Healthy Way Lex, UK Campus Wellness, Orange Theory, Breathe, Mind Body Studio, The Yoga Meditation and Therapy Center, Rest Assured Massage and Spa, Kentucky One Health, Mind over Body, UK Counseling Center, KYLAP, and Lexington Counseling & Psychology. The event was a huge success, it was attended by UK Law faculty, staff, and students. A lot of people were very thankful and appreciative of this event. Several students even texted some of our executive members telling them how much this meant

to them. Overall, we had about 150 people attend the event. We received no revenues from the event, we relied solely on the fact that we received the ABA grant. What the grant does not cover will be coming out of our budget. The Lexington Healing Arts Academy donated us gift card, which we gave away at random to a student who attended the event. The only expenses we incurred were from the food and the shirts. **The food cost \$750.48, and the shirts cost \$524.20, so total our event cost \$1,274.68.** This was our only cost.

Here is what our T-shirts looked like: We handed out little slips of paper along with the shirts to explain what the statistics mean. We didn't put what they meant on the shirts because we wanted to create some dialogue, hoping people would ask what the numbers meant.

