Hello wonderful 1Ls!

We are all so excited to have you on campus! Hopefully you all had very relaxing summers and were not subject to too many *Legally Blonde* jokes.

We are lucky to have a very engaged, congenial, and dynamic community here at HLS. But law school is still…law school, and unfortunately HLS does not escape the mental and social pressures often associated with graduate school: pangs of impostor syndrome; anxiety surrounding the Socratic method; insecurity about grades, and so forth; vulnerabilities to depression.

Luckily, our administration, particularly the Dean of Students Office (DOS), is cognizant of these social and mental concerns and works tirelessly to remedy the root of the problems. But there is always more work to be done. The Student Mental Health Association (SMHA) was formed last year to act as a liaison between the student body and the administration regarding mental health issues in the legal profession. We promote mental health rights both within HLS and in the community-at-large.

At SMHA, we know that our mental health is something that must be protected and strengthened. Too often people with mental illnesses are treated as second-class citizens, as responsible for their diseases. But we are here to listen, to talk, to be confidants—and to advocate.

Welcome to your new home, and we hope that your 1L year is filled with energy, excitement, innovation, and, most importantly, dialogue.

Cheers,

Taylor Poor and Priyanka Gupta
SMHA Co-Presidents

…AND best wishes from the SMHA board and members!