Hello Everybody,
It’s hard to believe that it is October already. Fall is a great time for hiking and did you know that there are some great parks and hiking trails locally and accessible by metro? If you would like to know more, check out the link on our website

October includes a number of events focused on mental health in observation of World Mental Health Day on October 10, and National Depression Screening Day on October 8. See below for our line-up of events and activities.

October is also the time for our annual Health Fair and I think it will be better than ever this year. The event, scheduled for Oct. 21st from 12:00-4:00 pm in the chapel area, is a great way to learn about the importance of physical and mental health. From stress management to gait analysis, dieticians, nutritionists, physical therapists and dentists will be on site to discuss all aspects of health, wellness, fitness, and lifestyle. Come early for a flu shot, enjoy a chair massage, and stop by the Safety and Environmental Management ergonomic display to find out the best way to set up your work station. Chat with our CAPS counselors and learn about naturopathic care such as Reiki and aromatherapy. This promises to be a good day and I hope you’ll take advantage of the event. Unfortunately, our vendors won’t stay into the evening, so afterwards we will keep all information at the front of the chapel to share with our evening students. Please join us!

We wish you a great October.

Yours in Health,
October 10th marks the annual observance of World Mental Health Day. We all know that law school can be a highly stressful and emotionally draining experience. At times the legal profession can feel overwhelming, but learning how to deal with these challenges can be the key to academic, professional and personal success. As we work to raise awareness and mobilize efforts in support of mental health, the law center will be hosting a number of events in the week leading up to this day.

**October 7:** Keep your eyes open for a display and information in the McDonough Atrium on Law Students and mental health.

**October 8:** On National Depression Screening Day, we hope to get as many students as possible to take our online screening assessment at [http://studenthealth.georgetown.edu/Online%20Mental%20Health%20Screening](http://studenthealth.georgetown.edu/Online%20Mental%20Health%20Screening)

In observation of the day, the Mental Health Alliance, in partnership with the Office of Dean of Students and Wellness Promotion, will also host: "Handling It All: A Conversation about Mental Health and Wellness in Law School and Beyond.” Join guest speakers Kate Bender of the Dave Nee Foundation, Dean of Students Mitch Bailin, Professors Seidman and Super, and Rachel Funk, an associate at Crowell & Moring, for a discussion about the impact of law school and the legal profession on mental health, and what we can do about it.

**Oct. 8th at 1:15 pm** in McDonough 588. Chipotle burritos will be served!

**October 10:** Finally, on October 10, a group of Georgetown Law students will be participating in the

**Out of the Darkness Community Walk**
The American Foundation for Suicide Prevention is hosting a 3-mile walk on Saturday, October 10th. Join members of the law center community to bring awareness, advocacy, and remembrance to those impacted by suicide.

Those interested in walking with the law center community should meet outside of the Gewirz student center at 4:30 pm to walk together. Resident Fellow Bridget O’Malley will be leading the walk. The actual event will begin at 5:00 pm, leaving from the Sylvan Theater, at the base of the Washington Monument on the National Mall. Consider wearing a shirt that will show that you are walking for Georgetown Law. Questions? Contact piercekl@law.georgetown.edu. More information can be found here: http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3365

Law Lifeline is another excellent resource for law students. The site discusses key mental health issues in the legal profession, offers a self-evaluation, and advice from experts on how to deal with the stress of law school. http://www.lawlifeline.org/lawgeorgetown/

Would you like to talk to somebody? The Counseling and Psychiatric Services (CAPS) office is located in Gewirz room L102-G. To schedule an appointment, call (202) 687-6985. The office is open Monday through Friday, from 9 a.m. to 5 p.m. After hours and on weekends, a CAPS clinician can be reached by calling (202) 444-7243. CAPS offers a number of assessments on their website.

Seasonal flu vaccines will be administered on the following dates and time:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, October 1</td>
<td>4pm-7pm</td>
<td>Sport &amp; Fitness Lobby</td>
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<tr>
<td>Thursday, October 8</td>
<td>10am-1pm</td>
<td>Sport &amp; Fitness Lobby</td>
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<tr>
<td>Wednesday, October 21</td>
<td>12pm-4pm</td>
<td>Health Fair—Chapel Area</td>
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<tr>
<td>Tuesday, November 3</td>
<td>4pm-7pm</td>
<td>Sport &amp; Fitness Lobby</td>
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The vaccines are free for students, faculty, and staff with a valid Georgetown ID (GOCard). ID must be presented at the time. No appointments will be taken. Vaccines are offered on a first-come, first-served basis.

This October marks the 29th anniversary of Breast Cancer Awareness Month. After skin cancer, breast cancer is the most common cancer, diagnosed in one out of eight women in the United States. Anyone with breast tissue may get breast cancer, so men are also at risk. Early discovery leads to better survival rates, so don't forget to do your self-exams. Check frequently for lumps or other abnormalities, and make an appointment to see your doctor if you note anything unusual. As always, breast cancer prevention starts with healthy habits, so the Mayo Clinic recommends staying active, limiting your alcohol intake, and maintaining a healthy weight.

Thought for the day…

The only difference between stumbling blocks and steppingstones is the way in which we use them.