



The State Bar of California

Lawyer Assistance Program

CONTACT US: (877) LAP-4-HELP [(877) 527-4435] LAP@calbar.ca.gov
www.calbar.ca.gov/LAP

Assessment Tools:

For LAP's Anxiety Assessment, Depression Assessment and 20 Questions of Alcohol and Drugs, See "Resources" at: <http://www.calbar.ca.gov/Attorneys/Attorney-Regulation/Lawyer-Assistance-Program/Resources>

Other Resources:

ABA Commission on Lawyer Assistance Programs (CoLAP)
https://www.americanbar.org/groups/lawyer_assistance/

The Other Bar (Recovery program for California law students, attorneys, and judges)
(800) 222-0767; <https://otherbar.org/>

[National Suicide Prevention Lifeline](#) (National, Toll-Free, 24/7)
1-800-273-TALK (8255)

[Crisis Text Line](#) Need help? Text START to 741-741

US Dept. of Health & Human Services, Substance Abuse & Mental Health Services Administration
<https://findtreatment.samhsa.gov/>

Articles:

Wellness Guide for Senior Lawyers, Their Families, Friends, and Colleagues
<http://www.calbar.ca.gov/Attorneys/Conduct-Discipline/Ethics/Senior-Lawyers-Resources/Publications/Wellness-Guide>

Competency Issues: Having "The Talk" by Michelle Harmon, LCSW
<https://calawyers.org/california-lawyers-association/competency-issues-having-the-talk/>

The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys by Patrick R. Krill, JD, LLM, Ryan Johnson, MA, and Linda Albert, MSSW

Well-Being Tool Kit for Lawyers and Legal Employers, created by Anne M. Brafford for Use by the American Bar Association

Suffering in Silence: The Survey of Law Student Well-Being and the Reluctance of Law Students to Seek Help for Substance Use and Mental Health Concerns by Jerome M. Organ, David B. Jaffe, and Katherine M. Bender