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