



The State Bar of California

THE LAWYER ASSISTANCE PROGRAM (LAP) RESOURCES FOR ATTORNEYS

Assessment tools

- [The Twenty Questions](#)
- [Anxiety Assessment](#)
- [Depression Assessment](#)

Resources

- State Bar: [Wellness Guide for Senior Lawyers and their Families, Friends, and Colleagues](#)
- [California Lawyers Association: Health and Wellness](#): Events, webinars, and resources provided by the CLA Health and Wellness Committee.
- [The Other Bar](#): This confidential peer support resource for California lawyers, judges, law students, State Bar applicants and their families offers help with problematic alcohol and drug use and related personal problems. Available 24 hours a day: 800-222-0767.
- ABA: [Mental Health Resources for the Legal Profession](#)
- ABA: [40 Wellness Tips to Help Lawyers Cope with Stress](#)
- [ABA Commission on Lawyer Assistance Programs CoLAP](#)
- [Lawyers Depression Project](#): A confidential forum and peer support group; free for attorneys, law students, paralegals, and administrative professionals.
- [988 Suicide & Crisis Lifeline](#): 1-800-273-TALK (8255), national, toll-free, available 24/7
- [Crisis Text Line](#): Need help? Text HOME to 741-741 to reach a crisis counselor.
- [US Dept. of Health & Human Services, Substance Abuse & Mental Health Services Administration](#): Anonymous resource for persons seeking treatment for mental and substance use disorders.

Articles

- [Competency Issues: Having "the Talk"](#) by Michelle Harmon, LCSW
- [Mental Health Issues Among Attorneys and Legal Professionals and Wellness Strategies to Combat Them](#) by Lita Abella, JD
- [Stress, drink, leave: An Examination of Gender-Specific Risk Factors for Mental Health Problems and Attrition Among Licensed Attorneys](#) by J. Anker and P. Krill
- [The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys](#) by Patrick R. Krill, JD, LL.M., Ryan Johnson, MA, and Linda Albert, MSSW

CONTACT LAP

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