

Lawyers Concerned for Lawyers

SELECTED RESOURCES ON MENTAL HEALTH, SUBSTANCE MISUSE AND COMPULSIVE BEHAVIORS

Lawyers Concerned for Lawyers (Minnesota)

651-646-5590; 877-525-6466 (toll-free) www.mnlcl.org; help@mnlcl.org; www.facebook.com/mnlcl.

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress and personal and career related issues. Our services include: 24-hour crisis response; professional clinical assessments and referrals; interventions; short term counseling; support groups facilitated by licensed counselors; peer mentoring and support and education. LCL's Employee Assistance Program partner hosts a website with articles and resources on many areas. Go to www.sandcreekeap.com and click on "work/life wellness center." Enter the password LCL1.

National Alliance on Mental Illness

www.nami.org. NAMI has information on a wide variety of mental illnesses including ADHD, Bipolar Disorder, Personality Disorders, Depression, Eating Disorders, OCD, PTSD and others. There are also national and local support resources. The Minnesota website is www.namihelps.org. A comprehensive Adult Mental Health Resource Guide is at www.namihelps.org/NAMIHopeForRecoveryBooklet2013.pdf

Make it OK

<http://makeitok.org/>. "Make It OK" is a campaign to reduce the stigma of mental illness. It is committed to changing hearts and minds about the misperceptions of mental illnesses by encouraging open conversations and education on the topic.

Minnesota Recovery Connection

<http://www.minnesotarecovery.org/> MRC provides peer support and advocacy to support recovery. The site includes a very comprehensive list of resources. <http://www.minnesotarecovery.org/resources/index.html>

American Bar Association

www.americanbar.org/colap provides lawyer assistance resources and information across the country. Click on topics under "Resources" for numerous links. One example is

http://www.abajournal.com/magazine/article/how_lawyers_can_avoid_burnout_and_debilitating_anxiety

A new ABA CoLAP and Hazelden Betty Ford joint study provides updated information on substance use, mental health and help seeking behaviors. Krill, Patrick, Johnson, Ryan, Albert, Linda, "The Prevalence Of Substance Use and Other Mental Health Concerns Among American Attorneys," *Journal of Addiction Medicine*: Jan./Feb. 2016. http://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx

Past issues of *GP Solo*, a publication of the ABA General Practice, Small Firm and Solo Division, include four theme issues "Bumps in the Road" which are relevant to all lawyers. Many topics related to addiction, mental illness, stress and others are available. Back issues may be viewed at

www.americanbar.org/content/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index.html

Other Lawyers Assistance Programs

Lawyer Assistance Programs (LAPs) are available nationwide. Some are independent, some are under the auspices of the court and some are part of the bar association. They are listed at

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

Legal Profession Wellness Resources

www.lawlifeline.org.

LawLifeline is designed for law students and offers valuable information that will also be helpful to lawyers. It is a project of the Dave Nee Foundation which offers suicide prevention training and resources to lawyers and law students nationwide. www.daveneefoundation.org. See also www.suicidepreventionlifeline.org

www.lawyerswithdepression.com

This comprehensive website, founded by a lawyer, offers support and resources.

<http://theanxiouslawyer.com/>

This site is connected to a book by Jeena Cho, which offers a program for reducing anxiety through mindfulness

<http://law.scu.edu/redress/>

Secondary Trauma and the Legal Process (scroll down for the article)

Lawyer Anxiety and Ethical Issues

This article discusses the connection between anxiety and ethical choices.

http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29

Articles on Representing Mentally Ill Clients

<http://mnbenchbar.com/2011/03/are-your-clients-making-you-crazy/> - clients with personality disorders

<http://lawyerist.com/61356/deal-with-mentally-ill-clients/> - discussion of above article

http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/dalby.html -

ABA article on representing mentally ill clients.

<http://www.centerforpublicrep.org/litigation-and-major-cases/litigation-issues/44-litigation/litigation-issues/76-fact-sheet-on-ethical-obligations-of-attorneys-representing-clients-with-psychiatric-disabilities> - ethical issues

U. S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA) clearinghouse for alcohol and drug information

<http://www.samhsa.gov> This organization has information for individuals seeking help, professionals in the helping professions and researchers.

American Society of Addiction Medicine (ASAM)

Public Policy Statement: Definition of Addiction - <http://www.asam.org/advocacy/find-a-policy-statement/view-policy-statement/public-policy-statements/2011/12/15/the-definition-of-addiction>. This includes short and extended statements as well as frequently asked questions.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

<http://www.niaaa.nih.gov/> NIAAA supports and conducts research on the impact of alcohol use on human health and well-being.

National Council on Alcoholism and Drug Dependence (NCADD)

<http://ncadd.org/> NCADD works to share the joy and knowledge of recovery, to break down barriers of ignorance, stigma and discrimination and to encourage individuals, families, companies and communities to seek help.

National Institute on Drug Abuse

<http://drugabuse.gov/nidahome.html>

This division of the National Institutes of Health provides information on the science of drug and alcohol addiction.

There are links to a wide variety of substances. An excellent pamphlet, The Science of Addiction, is available by mail or as a PDF, in English or Spanish.

Mayo Clinic Stress Management Resources

Stress management articles at <http://www.mayoclinic.com/health/stress-management/MY00435>

American Psychological Association

www.apa.org. Numerous resources on many mental health and wellness topics.

National Institute of Mental Health. <http://www.nimh.nih.gov/health/topics/index.shtml>

Information regarding various mental health issues, including anxiety disorders and depression.

Recovery Month <http://www.recoverymonth.gov/>

This annual event is held every September. It features events and resources for those with substance use issues and those who care about them.

12 Step and Support Meetings – the following sites will direct you to 12 step meetings and other resources.

<http://www.namihelps.org/support.html>

<http://www.aaminneapolis.org> – includes links to St. Paul and greater Minnesota sites

<http://www.al-anon-alateen-msp.org/>

<http://www.naminnnesota.org>

www.womenforsobriety.org – includes on-line chat

www.aaonline.net is one example of on-line AA meetings

<http://www.gamblersanonymous.org/>

<http://www overeaters.org/>; <http://www.eatingdisordersanonymous.org>

<http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>

<http://www.sexaa.org/Meetings/UnitedStates/meeting.php?state=MN>

<http://www.allina.com/ahs/grief.nsf/>

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