



## Facts About Impairment

- Lawyers, judges, and law students suffer from substance abuse and depression at much higher rates than the general population.
- Many lawyers who come before bar disciplinary committees suffer from mental illness or are chemically dependent.
- Most who suffer from depression or addiction can be effectively treated, but only about one-third seek help.
- The #1 cause of suicide is untreated depression.
- Every year, 500 Minnesotans die of suicide - and 30,000 suicide deaths occur nationally.
- Intervention educates concerned persons about addiction and motivates people to accept professional help.
- Many people who suffer from behavioral health problems feel a sense of relief when they learn the facts about their medical illness.
- Many people who seek counseling can put their marriages and families back together.
- Chronic stress and work-related problems have life and career saving solutions, but if unresolved can lead to serious problems.

***It takes courage to face your human limits and ask for help.***

**IF** you are concerned that you may have depression or another mental health problem...

**IF** you are concerned about your own use of alcohol/drugs...

**IF** you are concerned about the use of alcohol/drugs, or about depression or other mental health problems in an attorney, judge, or law student...

**IF** you are concerned that your life has become unmanageable, making you and others suffer...

**THEN** you owe it to yourself, your family, your friends, your profession, and your clients to contact your Lawyers Assistance Program.

### Free Confidential Help

is available to you or any lawyers, judges, or law students who may be having problems with alcohol/drugs, depression, anxiety or any other major life problem. Professional and peer assistance can help bring about a positive, even life saving, change.

## LAWYERS CONCERNED FOR LAWYERS (LCL)

24-hour crisis line  
LCL: 651-646-5590  
Toll Free: 866-LCL-MINN (866-525-6466)  
[www.mnlcl.org](http://www.mnlcl.org)  
[help@mnlcl.org](mailto:help@mnlcl.org)  
2550 University Ave. W 313N St. Paul  
After hours, you may call directly:  
DOR: 612-332-4805  
Toll Free: 1-800-367-3271

*By request, we acknowledge the support of the Hennepin County Bar Association and the many other bar associations, law firms, foundations, organizations and individuals who have generously supported LCL.*

# LAWYER ASSISTANCE PROGRAM

## Lawyers Concerned for Lawyers



## Program Services

# Lawyers Assistance Program

Lawyers Concerned For Lawyers (LCL) offers free confidential help to lawyers, judges, and law students. Our mission is to help members of the legal community who suffer from alcohol/drug and mental health disorders, marriage and family problems, financial difficulties, stress, and work-related problems. Our goal is to improve their lives and the delivery of justice.

## Our Services Include:

- Crisis Response
- Assessments
- Referrals
- Interventions
- Short Term Counseling
- On Going Support
- Consultations
- Education

Because of embarrassment and fear of discovery, lawyers are often reluctant to seek help. Confidentiality is vital. LCL maintains strict confidentiality in dealing with the identities of, and information about, those who contact us. LCL does not report to any individual or organization, disciplinary authority or otherwise threaten the career or reputation of any lawyer, judge, or law student who seeks assistance.

The foundation of LCL is a network of volunteer lawyers, judges, and law students throughout the state of Minnesota who are in recovery. LCL members who have experienced the same problems can often help by supporting other legal practitioners through the process of accessing care and maintaining their recovery.



LCL contracts with licensed mental and chemical health professionals for: crisis counseling, assessment, referral, and short-term counseling on a 24-hour basis. Assistance is available throughout Minnesota.

## There is help and there is hope

Chemical dependency, mental illness (such as depression, anxiety disorders, post-traumatic stress), and behavioral addictions (such as gambling or sex) are not evidence of moral “weakness.” They are, instead, treatable illnesses that, untreated, may cause a deterioration of ethical values, personal relationships, professional competencies, and physical health. Untreated, such illnesses continue to worsen, even with temporary remissions.

Marital and family problems, financial difficulties, chronic stress, and work-related issues are facts of contemporary life. They can and do become overwhelming. When this happens lawyers, like others, can choose to sink alone or swim with the help of peer and professional support.



## LCL can help

The Lawyers Assistance Program of LCL provides services at no cost to impaired lawyers, judges, or law students:

### Crisis Response

Licensed professional counselors staff a 24-hour crisis line.

### Assessment and Referral

Professional staff will assess the client and recommend appropriate professional evaluation, treatment, and rehabilitation options.

### Short-Term Counseling

Professional counselors will, when appropriate to the situation, provide free focused counseling for up to four sessions.

## Interventions

In appropriate situations, trained LCL volunteers, LCL staff, and/or professionals will coach and facilitate a formal intervention to assist the concerned persons in helping the afflicted person recognize his or her problem and begin the recovery process. Less formal options are also available, including coaching a concerned person who wants to reach out.

## Support, Counseling, and Therapy Groups

LCL operates lawyer-led support groups, which meet to focus on mental health and/or addiction recovery issues. A licensed therapist leads therapy groups.

## Mentoring

LCL volunteers are matched when possible, by gender, age, type of practice, clinical issues, and other characteristics to the lawyer, judge, or law student to best enable a supportive relationship. Such support is often both personal and professional.

## Education and Prevention

LCL works with law firms, the courts, MSBA committees and sections, local bar associations, and law related organizations to provide education concerning lawyer impairment and recovery. In addition, LCL makes regular presentations at law schools concerning chemical dependency and mental health problems and their effects on lawyers, judges, and law students. LCL encourages legal employees to offer a supportive environment for self-identification and personal efforts to access help. LCL is also available to work with organizations to support lawyers in recovery.

