

FACTS ABOUT IMPAIRMENT

- ❖ Law students suffer from substance abuse and depression at a much higher rate than the general population.
- ❖ Chronic stress and work-related problems have life and career saving solutions.
- ❖ Up to 90% of those who suffer from depression or addiction can be effectively treated, but only about one-third of them seek help.
- ❖ The #1 cause of suicide is untreated depression.
- ❖ Every year, 500 Minnesotans die from suicide and 30,000 suicide deaths occur nationally.
- ❖ Many people who suffer from behavioral health problems feel a sense of relief when they learn the facts about their illness.
- ❖ Many people who seek counseling can put their marriages and families back together.

"A few students think that once they get treatment they are on a blacklist. On the contrary, the problem lies in those who don't get help...it was incredible relief to have found that there are others out there like me...lawyers, judges, students..." — Allison



**THERE IS HELP AND THERE IS HOPE.
CALL 651-646-5590 TODAY.**

LCL WEB BYTES & OTHER RESOURCES

LCL's web site www.mnlcl.org offers a wealth of information about addictions, and other major life problems, as well as therapeutic options such as individual and group therapy. Additional resources are described below.

Workplace Discrimination — Discrimination can take many forms - a racial slur, an offensive joke, hostility and harassment. If the quality of your life is impaired by possible discrimination in your work environment, the Minnesota Department of Human Rights is a click away. www.humanrights.state.mn.us.

Domestic Violence — Four women die every day in the United States as a result of domestic violence. Surprised? Almost 90% of those who batter others have witnessed or experienced violence in the household as children, and it can happen in any type of relationship. Learn more by visiting the National Domestic Violence Hotline web site www.ndvh.org.

Eating Disorders — Admitting that you have anorexia, bulimia or a problem with overeating is difficult. Risk factors include: low self-esteem, troubled relationships, and unrealistic expectations for achievement. There are many forms of treatment available. Visit the Eating Disorder Referral and Information Center at www.EDReferral.com.

Gambling — Have you ever gambled to escape worry or trouble? Insecurity and the inability to accept reality often lead to gambling as a source of comfort. If you are concerned that gambling has affected your home life or finances, contact the National Compulsive Gamblers Association at www.ncpgambling.org.

Sex Addiction — Like other addictions, the sex addict experiences powerlessness over a compulsive behavior. Many addicts say their unhealthy behavior has been a progressive process. It may involve the Internet or personal contact. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship? Visit www.sexaa.org for help.

Post Traumatic Stress Disorder — PTSD may develop after exposure to a traumatic event, and can arise in law school even after counseling or treatment. If you are experiencing persistent, frightening thoughts or feelings of detachment, visit the National Institute of Mental Health at www.nimh.nih.gov.

LAWYERS CONCERNED FOR LAWYERS

Lawyer Assistance Program

For Law Students



FREE, CONFIDENTIAL HELP FOR LAW STUDENTS WHO SUFFER FROM ALCOHOL, DRUG, MENTAL HEALTH, CHRONIC STRESS OR OTHER MAJOR LIFE PROBLEMS.

LCL OFFICE & 24-HOUR CRISIS LINE
2550 University Ave. W., Suite 313N., St. Paul
651-646-5590

TOLL FREE
866-LCL-MINN (866-525-6466)

WEB PAGE
www.mnlcl.org

E-MAIL
help@mnlcl.org

By request, we acknowledge the support of the MSBA Life & the Law Committee Law Student Working Group, Hennepin County Bar Association, and the Ramsey County Bar Association. We also acknowledge the many other bar associations, law firms, foundations, organizations, and individuals who generously support LCL.

LCL CAN HELP

Lawyers Concerned For Lawyers (LCL) offers **free confidential** help to law students. Our mission is to help members of the legal community who suffer from alcohol or drug addictions, mental health disorders, chronic stress from work, family, school or other behavioral problems. Our goal is to improve their lives and the delivery of justice.

FREE SERVICES

Crisis Response: Licensed professional counselors staff a 24-hr crisis line.

Assessments/Referrals: Counselors perform in-office assessments and make treatment referrals as needed.

Short-Term Counseling: Professional staff provide up to four free sessions.

Interventions: Trained LCL volunteers, licensed professionals, and others who are concerned, will plan, rehearse and facilitate an intervention to educate the affected person about his or her problem behaviors.

Therapy Group: A licensed therapist leads a therapy group to help participants learn effective coping strategies.

Support Group: Volunteer lawyers lead support groups that focus on mental health and addiction recovery.

Mentoring: One-on-one support by volunteer law students or lawyers often supplements treatment or therapy. LCL makes every effort to connect a client with a mentor to provide support and guidance.

Education & Prevention: LCL offers CLEs and other educational programs to members of the legal profession.

DOR (Delivering Organization Results) provides crisis counseling, assessments, referrals, and short-term counseling on a 24-hour basis for LCL clients. DOR staff are licensed mental health and chemical dependency counselors, available throughout Minnesota. DOR may be called directly for assistance: (612) 332-4805 or 800-367-3271.

BEHAVIORAL Self-Assessment



Studies show that stress is a major factor in many chronic, deadly diseases. Heart disease, cancer, rheumatoid arthritis, depression and addiction are only a few of the diseases linked to chronic, long-term stress.

STRESS ARE YOU:

- ❖ experiencing sleep disturbances?
- ❖ feeling fatigued or having trouble thinking clearly?
- ❖ encountering conflict with classmates?
- ❖ increasingly tense, with back, shoulder or neck pain?
- ❖ experiencing eczema, psoriasis or itching?
- ❖ over-reacting to situations?
- ❖ nervous, irritable or moody?
- ❖ feeling overwhelmed?
- ❖ getting tension/migraine headaches?

If you answered yes to even a few of these questions, you may suffer from chronic stress. Contact LCL for more information.

CONFIDENTIALITY IS KEY

All contacts with LCL are CONFIDENTIAL. LCL does not report to any organization, or individual when a law student seeks assistance. Embarrassment or fear of discovery should not preclude students from getting help. The MN Board of Law Examiners encourages lawyers and law students to get the treatment they need.

Call 651-646-5590 or 866-525-6466

MENTAL HEALTH Self-Assessment



One out of five Americans will experience a major depression at least once during his or her lifetime. Has there been at least a two-week period of time in which you experienced either a depressed mood, or loss of interest or pleasure?

DEPRESSION ARE YOU:

- ❖ feeling sad, empty or irritable?
- ❖ losing interest or pleasure in enjoyable activities?
- ❖ experiencing changes in weight or appetite?
- ❖ having difficulty sleeping or are you sleeping more?
- ❖ increasingly restless or decreasingly active?
- ❖ feeling more fatigued or less energized?
- ❖ having difficulty concentrating, remembering or deciding?
- ❖ feeling overwhelming guilt, hopelessness or worthlessness?
- ❖ thinking of suicide or death?

If you answered yes to even a few of these questions, you may suffer from depression. Contact LCL for more information. If you answered yes to the last question, you should call 911 or seek other help immediately, regardless of your answers to any other question.

SUICIDAL THOUGHTS?



**UNTREATED DEPRESSION
IS THE
#1 CAUSE OF SUICIDE.**

IF YOU ARE HAVING OR
HAVE HAD ANY THOUGHTS
OF SUICIDE OR DEATH,
THERE IS HELP 24 HOURS
A DAY.

**CALL LCL OR
THE NATIONAL
SUICIDE PREVENTION
HOTLINE AT
1-800-273-TALK**

MENTAL HEALTH Self-Assessment



Has there been a distinct period of at least four consecutive days in which you felt excessively or unusually excited or irritable? This mood change may or may not have resulted in significant impairment in your level of functioning.

BIPOLAR ARE YOU:

- ❖ experiencing an inflated sense of self-worth?
- ❖ needing significantly less sleep?
- ❖ talking or needing to talk more than usual?
- ❖ having racing thoughts?
- ❖ having increasing difficulty staying focused?
- ❖ driven to take on activities?
- ❖ engaged in spending sprees, ill-advised investing, or promiscuity?

Even a few yes answers could indicate a bipolar mood disorder. Contact LCL for more information.

The National Institute of Mental Health advises that anxiety disorders are the most common form of mental illness. Some anxiety disorders left untreated can be debilitating. Treatment, however, is typically very successful.

ANXIETY HAVE YOU:

- ❖ had at least a six-month period of constant, exaggerated, worrisome thoughts and tension?
- ❖ been trapped in distressful, consuming thought patterns or compulsive behaviors?
- ❖ had nightmares, flashbacks, depressed feelings or irritability precipitated by a traumatic event?
- ❖ become distracted or easily startled?
- ❖ had frequent, unexpected episodes of intense fear that strike often and without warning?
- ❖ had chest pain, heart palpitations, shortness of breath, dizziness or abdominal distress?

If you are experiencing any of the above, consult LCL for free, confidential help.

ALCOHOL/DRUG Self-Assessment



If, within a 12-month period, you experience any of the following symptoms, contact Lawyers Concerned for Lawyers.

PERSONALLY HAVE YOU:

- ❖ tried, but failed to maintain, control or stop using?
- ❖ needed to use more to achieve the same effect, or have decreased effect from the same amount?
- ❖ experienced withdrawal symptoms or used to relieve or avoid withdrawal symptoms?
- ❖ driven a vehicle or operated a machine under the influence?
- ❖ experienced a blackout?
- ❖ continued to use despite problems from your use?

The ABA has a listserv for law students to exchange ideas on getting and staying sober. During the school year, a law student 12-step group meets. Contact LCL for details.

ACADEMICALLY IS YOUR USE:

- ❖ interfering with performance in classes?
- ❖ your primary way of dealing with stress?
- ❖ occurring to calm your nerves, gain courage, improve performance or feel good?
- ❖ causing you to miss class or other appointments?
- ❖ increasing since attending law school?
- ❖ causing you to neglect your studies?
- ❖ causing a decrease in ambition or efficiency?
- ❖ a way of self-medicating?