

## FACTS ABOUT IMPAIRMENT

- Law students suffer from substance misuse 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.
- It's conduct, not illness that can be a character and fitness issue.
- Facing a problem, though sometimes overwhelming, is the first positive step. Your worst enemies are time and denial. If you think it will get better on its own it won't.

*" Sometimes students think that once they get counseling or treatment they're on a blacklist. You're not and it was an incredible relief to find that there are others out there like me...lawyers, judges and students..." — Allison*



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

## LCL IS HERE FOR YOU

Lawyers Concerned for Lawyers is uniquely suited to assist you because we understand law school and the legal profession. Check LCL's website at [www.mnlcl.org](http://www.mnlcl.org) for a wealth of information about addiction, depression and other major life problems, professional and peer support options and many additional resources. Here are a few of the issues on which we have provided help:

**Gambling** — Have you ever gambled to escape worry or trouble? Have you felt the need to gamble more and more? Have you lied about how much you gambled?

**ADHD** — An individual with ADD/ADHD can have areas of particular success and particular challenges in law. LCL offers a support group for lawyers and law students diagnosed with ADHD.

**Bipolar Disorder** — Feeling excessively excited or irritable or engaging in risky behavior are possible signs of this illness.

**Domestic or Workplace Bullying or Violence** Lawyers and law students experiencing this behavior can be particularly reluctant to seek help because we think we should be able to handle it.

**Eating Disorders** — An eating disorder has profound effects on the individuals with the illness and those surrounding them. Many forms of treatment are available.

**Sexual Compulsivity** — Like other addictions, the sex addict experiences powerlessness over a compulsive behavior. Many addicts say their unhealthy behavior has been a progressive process. LCL offers help with no judgment.

**Post Traumatic Stress Disorder** — PTSD may develop after exposure to a traumatic event, and can be triggered in law school even after counseling or treatment.

**Other Compulsive Behaviors** — The cravings for someone who compulsively shops, spends, plays games or seems addicted to the internet are as strong as for an alcoholic or drug addict.

**Academic or Personal Stress** — LCL has resources and services for test anxiety, relationship, financial and career concerns and any other issue that causes stress or distress.



## LAWYERS CONCERNED FOR LAWYERS

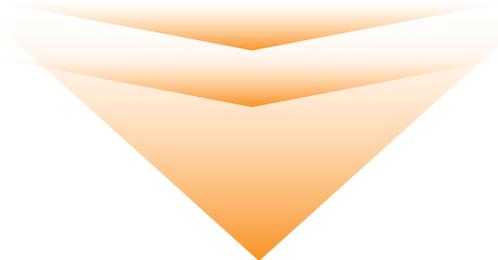
Confidential Support for Legal Professionals

### LCL OFFICE & 24-HOUR CRISIS LINE

2550 University Ave. W., Suite 313N., St. Paul  
651-646-5590 or 866-LCL-MINN(866-525-6466)

[www.mnlcl.org](http://www.mnlcl.org)  
[help@mnlcl.org](mailto:help@mnlcl.org)

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



*"The best news I got was that my problem had a name and there was treatment. Through LCL I learned I was not alone." -Dave*

**For Law Students**

## LCL CAN HELP

The LCL team includes attorneys, licensed mental and addiction professionals and an extensive peer support network.

### FREE SERVICES INCLUDE

- 24-hour help line
- Assessments for mental health, substance misuse and other issues
- Up to 4 free counseling sessions
- Referrals to appropriate professional services
- Coaching for classmates, colleagues, families and friends
- Facilitated support groups
- Peer support and mentoring
- Education & Prevention - LCL welcomes the opportunity to make presentations for student organizations.

LCL's partner, DOR and Associates, answers the 24-hour help line. DOR may also be called directly for assistance: (612) 332-4805 or 800-367-3271. Just say you were referred by LCL.



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

## BEHAVIORAL Self-Assessment

Studies show that unresolved stress is a major factor in many chronic diseases and conditions.

### 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, your stress may be impacting you. If it's bothering you, it's worth talking about. Contact LCL for more information.

## MENTAL HEALTH Self-Assessment

One out of five Americans will experience major depression at least once during his or her lifetime.

### 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?
- 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.

### CONFIDENTIALITY IS KEY

All contacts with LCL are CONFIDENTIAL. LCL does not report to any organization or individual when a law student seeks assistance. The MN Board of Law Examiners encourages law students to get the treatment they need.

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

Email [help@mnlcl.org](mailto:help@mnlcl.org)

## MENTAL HEALTH Self-Assessment

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

### ANXIETY HAVE YOU:

- experienced exaggerated, worrisome thoughts and tension?
- had nightmares, flashbacks, depressed feelings or irritability precipitated by a traumatic event?
- become distracted or easily startled?
- had unexpected episodes of intense fear?
- 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.

### 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

## ALCOHOL/DRUG Self-Assessment

If the following symptoms cause concern for you or for someone you care about, 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 under the influence?
- been annoyed by others' comments about your use?
- continued to use despite problems from your use?



LCL's website includes Minnesota and national resources for law students.

### ACADEMICALLY IS YOUR USE:

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

