



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

CLE: Chronic Stress, Trauma, Mental Health and Addiction

Thursday, June 14, 2018 at the LCL office.

12:00 p.m. – 1:00 p.m.

1.0 Elimination of Bias CLE credit (applied for).

Speakers: LCL Staff and Volunteers

Stress is a fact of life in the legal profession and we experience it at higher levels than most other members of the population. There is a clearly recognized continuum where unresolved chronic stress becomes a predictor for addiction and mental illness, particularly depression, which are also more prevalent among lawyers. By understanding this continuum and the facts about addiction and mental illness, lawyers can reduce their risk and, hopefully, get help earlier when there is a mental health or addiction/dependency problem. Signs, symptoms, risk factors and recovery regarding these problems will be presented. Findings from “The Path to Lawyer Well-Being: Practical Recommendations for Positive Change” will be presented along with personal examples and information on Minnesota’s lawyer assistance program.

This program is open to all lawyers. To register or if you have questions, please call 651-646-5590 or email aerbst@mncl.org. We ask \$10 per credit for our CLE programs but scholarships are always cheerfully granted.

If you are outside the Twin Cities and would like to participate via teleconference, please make your reservation by 9:00 a.m. on Thursday, June 14 and we will email you the instructions and handouts.

Lawyers Concerned for Lawyers
Court International Building
2550 University Avenue West
Suite 313N
Saint Paul, MN 55114