

Alcohol / Drug Self-Assessment

✦ If, within a 12-month period, you experience any of the following symptoms, contact your Lawyers Assistance Program for a professional evaluation of your chemical use. If you're avoiding this section because of uneasiness about your own use, it may be even more important for you to consider the possibility of a problem.

✦ Personally

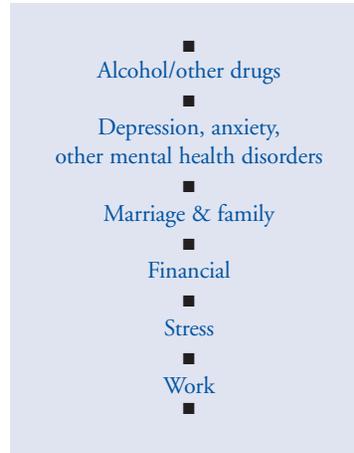
- Have you tried, but failed to maintain, control, or stop your use?
- Do you need to use more of the substance (alcohol and/or drugs) to achieve the same effect, or have decreased effect from the same amount of use?
- Have you experienced withdrawal symptoms (felt shaky, sick, anxious), or used to relieve or avoid withdrawal symptoms?
- Have you driven a vehicle or operated a machine while under the influence of alcohol and/or drugs?
- Have you ever had a loss of memory about what happened while you were drinking/using?
- Do you continue to use in spite of problems related to your use with family relationships, professional responsibilities or performance, social activities/friendships, legal consequences, or physical harm?

✦ Professionally

- Is your use impacting your work? Have clients, associates, or support personnel expressed concern?
- Have you used prior to meetings or court appearances to calm your nerves, gain courage, improve performance, or feel good?
- Has your use caused you to miss closings, court appearances or other appointments?
- Has your use resulted in neglecting administrative responsibilities or misusing funds?
- Has your ambition or efficiency decreased as a result of your use?

Use includes being actively under the influence as well as behavior to facilitate use and later effects of use. Call LCL to discuss your situation.

Free confidential help to lawyers,
judges, and law students



Call now for yourself
or someone you care about!

Get free, confidential advice
about a personal problem
before it goes public!

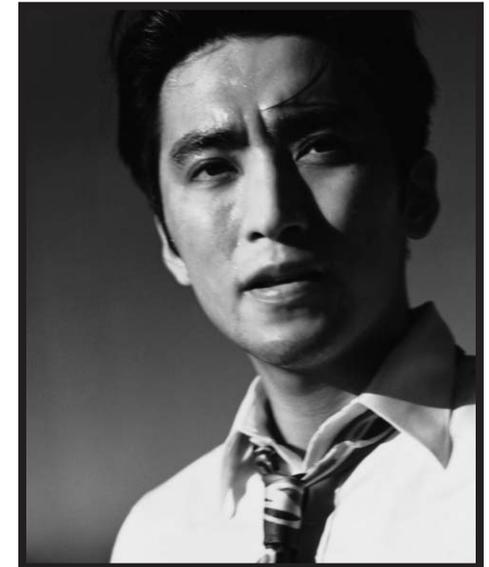
LAWYERS CONCERNED FOR LAWYERS (LCL)

24-hour crisis line
LCL: 651-646-5590
Toll Free: 866-LCL-MINN (866-525-6466)
www.mnlcl.org
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



Self-Assessment

Self-Assessment Questions for Common Mental Health Disorders and Alcohol/Drug Abuse

- Disorders may coexist
- Absence or presence of willpower does not cause and cannot cure these disorders
- Time and denial are your problem's best friends
- Treatment works
- Help is available now
- Call now for free confidential help
-



There is help
and there is hope!

Mental Health Self-Assessment

✦ One out of five Americans will experience a major depressive episode at least once during his/her lifetime. Has there been at least a 2-week period of time in which you experienced either depressed mood, or loss of interest or pleasure? Are you:

- feeling sad, empty and/or irritable?
- feeling a loss of interest or pleasure in activities or work you once enjoyed?
- experiencing changes in weight and/or appetite?
- having increased difficulty sleeping, or sleeping more than usual?
- experiencing increased restlessness or is there a decrease in level of activity noticeable to others?
- feeling more fatigued or with less energy?
- having difficulty concentrating, remembering or making decisions?
- feeling overwhelming guilt, hopelessness or worthlessness?
- thinking of suicide or death?



If you answered yes to the last item, you should seek help immediately, regardless of your answer to any other questions.

If you answered yes to even a few of these questions, you may suffer from depression. A professional assessment can tell.

✦ 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 level of functioning. Are you:

- experiencing an inflated sense of self-worth or grandiosity?
- needing significantly less sleep?

- talking more than usual or feeling an increased need to keep talking?
- having racing thoughts?
- having increasing difficulty staying focused?
- feeling driven to take on unnecessary work or social activities; or engaging in spending sprees, poor business investments, or sexual promiscuity?

Even a few yes answers could indicate a bipolar mood disorder. A professional assessment can tell.



✦ According to the National Institute of Mental Health, "anxiety disorders, as a group, are the most common mental illness in America." There are different types of anxiety disorders which, if left untreated, can become debilitating. Anxiety is also one of the most successfully treatable mental health problems.

- Have you had at least a six-month period in which you experienced constant, exaggerated, worrisome thoughts and tension about everyday routine life events and activities?
- Have you been trapped in a distressful and time-consuming pattern of unwanted thoughts or compulsive behaviors?



- Have you experienced or witnessed a traumatic event such as a criminal assault, child abuse, natural or human-caused disasters; after which you have had persistent nightmares, flashbacks, feelings of depression or irritability? Have you become distractible or easily startled?
- Have you experienced repeated episodes of intense fear that strike often and without warning? Physical symptoms can include chest pain, heart palpitations, shortness of breath, dizziness or abdominal distress.

If you are experiencing any of the above, consult your Lawyers Assistance Program for free, confidential help.