



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL Online and Remote Support and Recovery Resources

Lawyers Concerned for Lawyers is committed to well-being in our profession, including health and safety. As we practice safe distancing, connections that are so important to our well-being and recovery are challenged. Here are some valuable online support options, including LCL resources, support meetings, and other resources. LCL will be rolling out new resources and we encourage you to follow us at www.facebook.com/mnlcl or check our website at www.mnlcl.org for updates.

Mental Health Online Resources:

CDC (Centers for Disease Control & Prevention) Stress/Anxiety page: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

SAMHSA (Substance Abuse and Mental Health Services Administration): <https://www.samhsa.gov/>

NAMI (National Alliance on Mental Illness): <https://namimn.org/support/>

Lawyers Depression Project: <https://www.lawyersdepressionproject.org>

Online Therapists: <https://www.psychologytoday.com/us/therapists/online-counseling>

Ted Talks on Anxiety: <https://www.ted.com/search?cat=videos&q=anxiety>

SAMSHA Behavioral Health Treatment Services Locator: <https://findtreatment.samhsa.gov/>

Suicide Prevention Lifeline: 1-800-273-TALK

American Foundation for Suicide Prevention: Find tips for managing our mental health in troubling times. <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Depression and Bipolar support: <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

Anxiety Support Groups with reviews: <https://www.verywellmind.com/best-online-anxiety-support-groups-4692353>

Karuna Community Meditation and Check-In -

https://www.facebook.com/events/547313869259501/?event_time_id=547313879259500

Recovery Online Resources:

LCL offers a 12-step meeting via phone each Monday. Contact help@mnlcl.org for dial-in information.

For all 12-step and other support meetings, AA Intergroup and other sites may not be up to date. Please contact Intergroup or the site contact directly for current information.

AA (Alcoholics Anonymous): <https://aaminnesota.org/meetings/> (Twin Cities); <http://www.area35.org/> (northern Minnesota); <http://www.area36.org/> (southern Minnesota)

AA – Online: http://12stepforums.net/alcoholics_anonymous_online_meeting.html

In the Rooms- An Online Addiction Recovery Community AA, NA (Narcotics Anonymous), Dual Diagnosis, SAA (Sex Addicts Anonymous), CPA (Chronic Pain Anonymous): intherooms.com/home

Alanon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Al-Anon – Online: http://12stepforums.net/alanon_family_group_online_meeting.html

Smart Recovery: <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

NA Online Meetings “Addicts Helping Addicts Recover”: <http://na-recovery.org/>

NA – Online: http://12stepforums.net/narcotics_anonymous_online_meeting.html

AA COVID-19 Informational Page: AA link- https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf

NA COVID-19 Informational Page: NA link- https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf

Gamblers Anonymous with announcements and conference call meetings - <http://www.minnesotaga.com/find-a-meeting.html>

All Recovery Meetings Online (MN Recovery Connection) link- <https://minnesotarecovery.org/support/all-recovery-meetings/>

Recovery Dharma: “Healing from Addiction with Buddhist Practice,” daily meetings via computer, smartphone or Dial-in: <http://recoverydharma.online/>

Lawyers Concerned for Lawyers Groups: please contact us at 651-646-5590 or help@mncl.org to register or for remote access information.

- 12-Step meeting: Mondays, 12:15 p.m.
- LCL Text Messaging: 651-447-5LCL (5575). Available during (business hours - the response may not be immediate.)
- LCL Path to Lawyer Well-Being Group, Mondays, 8:45 – 10:00 a.m.
- COVID-19 Support Group, date TBA
- Family Support Group: 2nd and 4th Monday evenings
- Alanon: LCL office, Tuesdays, 12:00 p.m.-1:00 p.m.
- Discipline in Practice – 1st Wednesday, 4:00 p.m.
- AD/HD Support Group – 3rd Friday, noon
- MWL Parenting Support Group, 4th Thursday at noon
- These meetings are general support and connection gatherings via Zoom:
 - Lawyers Who Lunch (law students & judges welcome) Wednesdays at noon (begins 4/1)
 - Breakfast with LCL, Fridays at 8:30, beginning 3/27

Lawyers Concerned for Lawyers is Minnesota’s Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. LCL offers free, confidential help with substance use, compulsive behavior and mental health concerns, as well as stress, personal and career-related issues. Our services include regular check-ins, up to four free counseling sessions, 24-hour phone counseling and crisis response, peer support, professional referrals and assessments, coaching and interventions, support groups facilitated by licensed counselors and education.

Sand Creek EAP

612-430-3383; 888-243-5744 (toll-free) www.sandcreekeap.com

LCL’s Employee Assistance Program partner Sand Creek is offering virtual and limited face to face counseling. You can speak with a counselor 24/7 by calling Sand Creek directly. Additionally, they host a website with articles and resources in many areas, including frequently updated information on COVID-19. Go to www.sandcreekeap.com and click on “EAP WORK/LIFE PORTAL” to use or create your account. Use the Company Code “lawyers” when creating your account.

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