

Why is it so important Law Students are proactive about these issues?

- Recent studies have shown the rates of mental health and substance issues are significantly higher for lawyers 30 years of age or less and/or who have worked in the profession for 10 or fewer years.
- We are go-getters and have an “I can handle it” mentality – that can only last so long.
- Pessimists – we are training our brains to find everything that could go wrong – which can have a dampening effect on our lives and relationships.
- Little value is placed on feelings, only facts.
- Throw in a little **STRESS** and **PRESSURE** and unhealthy coping mechanisms often follow.



The Evidence:

A 2016 study revealed that attorneys are approximately twice as likely to suffer from substance use and mental health issues when compared to non-attorneys.

The study also indicated the following percentage of attorneys met criteria for these issues, respectively:

- **20.6% - problematic drinking**
- **28% - depression**
- **18% - anxiety**
- **23% - severe stress**
- **11.5% - considered suicide**

While you may not be facing these issues yourself, there is a good likelihood that you will come across someone dealing with these challenges at some point in your professional life.

Stigma

That same study revealed the main reasons attorneys did not seek help for substance use or mental health issues included: not wanting others to find out they needed help, concerns regarding privacy or confidentiality or bar/professional concerns.

The next generation of attorneys can significantly help in reducing the stigma and shame surrounding these issues.

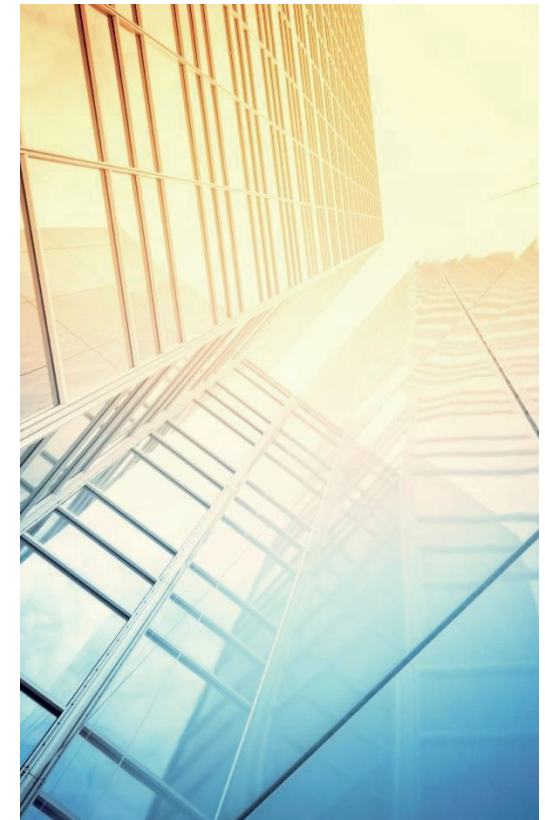


LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

FREE, CONFIDENTIAL SUPPORT & SERVICES FOR LAW STUDENTS AND THEIR IMMEDIATE FAMILY MEMBERS WHO ARE FACING ISSUES RELATED TO MENTAL HEALTH, SUBSTANCE USE OR OTHER LIFE CHALLENGES.

PHONE: (651) 646-5590
EMAIL: help@mncl.org



FOR LAW STUDENTS



“Sometimes students think that once they get counseling or treatment, they’re on a blacklist. You’re not and it was an incredible relief that there are others like me...lawyers, judges and students...”

- *LCL Law Student Volunteer*

What is “Lawyers Concerned for Lawyers”?

Lawyers Concerned for Lawyers (“LCL”) is the lawyers assistance program for legal professionals in Minnesota.

LCL provides free and confidential support and services for Minnesota law students, lawyers, judges and their immediate family members with issues that include, but are not limited to, substance use and mental health. We also help with work-life balance, stress management, well-being, career burnout, licensing, or transitioning and other issues. **In a nutshell, LCL provides assistance for any situation or condition which negatively affects the quality of one’s life at work or at home.**

LCL, a non-profit organization and the longest continuously run lawyer assistance program in the country, was founded in 1976 and regularly provides support to **over 400** new legal professionals per year. If you are dealing with any of these issues: **YOU ARE NOT ALONE!**

Email LCL: help@mnlcl.org

How can LCL help you?

MENTAL HEALTH – Mental health is just as important as physical health for law students. Lawyers Concerned for Lawyers can help you if you are struggling with (diagnosed or undiagnosed) stress, anxiety, depression or any other related issue. Feeling overly fatigued, irritable, or have you lost interest in normally pleasurable activities? Please contact LCL.

SUBSTANCE USE AND ADDICTION – LCL can assist you if you are dealing with substance use concerns related to alcohol and drugs (prescription or nonprescription). We can help with other addictions and issues such as problem gambling and eating disorders. Have you tried - and failed - to control or stop your using? Are you facing personal, professional or legal consequences because of these issues? Please contact LCL.

OTHER LIFE ISSUES – Are you overwhelmed with law school and feel like you have no one to talk to? Have you recently lost someone close to you and are dealing with grief? Do you just feel like you aren’t as happy as you’d like to be? Please contact LCL.

For More Info: www.mnlcl.org

Confidentiality is The Key

Confidentiality is key to LCL’s operation. When a law student seeks assistance from LCL, all communications are held with the utmost confidentiality. LCL will not report or disclose any information to your school, your employer, your family or any licensing boards. In fact, the Minnesota Board of Law Examiners encourages law students to contact LCL when needed.

What Can LCL Offer?

- Short Term Counseling (up to 4 FREE sessions per issue)
- 24 hour hotline (866-525-6466)
- Peer support from legal professionals that have similar experiences (PLEASE CONTACT US IF YOU’D LIKE TO VOLUNTEER FOR US!)
- Coaching if you see a classmate or someone else who is struggling
- Support Groups
- Education (Law School Classes & Organizations)
- Crisis Intervention
- Someone to Listen To You

Free, Confidential Help:



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2550 University Avenue West – Suite 313N

St. Paul, Minnesota 55114

Phone: (651) 646-5590

Toll Free: (866) 525-6466

To call our 24/7 hotline or contact Sand Creek Group (our counseling partner) directly, please call (888) 243-5744. If asked, say you were referred by LCL.

www.facebook.com/mnlcl