



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

COVID-19 and Well-Being

Lawyers Concerned for Lawyers supports well-being in our profession including health and safety. LCL groups and meetings will take place remotely until further notice. LCL offers two weekly 12 Step meetings, one by phone and one via Zoom teleconferencing. Contact help@mncl.org for participation information.

We recognize that collateral effects can impact our mental health. We offer these resources as examples to help you understand and manage potential challenges.

Lawyers Concerned for Lawyers Services

651-646-5590; 877-525-6466 (toll-free) www.mncl.org; help@mncl.org; www.facebook.com/mnclcl.

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress, and personal and career-related issues. Our services include: 24-hour crisis response and warmline; professional clinical assessments and referrals; interventions; short-term counseling; support groups facilitated by licensed counselors; peer support; and education.

Sand Creek EAP

651-430-3383; 888-243-5744 (toll-free) www.sandcreekeap.com

LCL's Employee Assistance Program partner Sand Creek offers face to face and virtual 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 "MY LIFE EXPERT LOGIN" to use or create your account. Use the Company Code "lawyers" when creating your account.

Centers for Disease Control and Prevention

The CDC site is likely to offer the most up to date information on the COVID-19 virus (<https://www.cdc.gov/>). See links to articles “Mental Health and Coping During COVID-19” and “Stigma and Resilience.”

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

<https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>

Minnesota Department of Health

This Minnesota resource is continually updated with recommendations and data.

<https://www.health.state.mn.us/diseases/coronavirus/index.html>.

Summary of Resources Discussing COVID 19, Mental Health and Coping

This article discusses organizational leadership and managing COVID-19 panic.

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

Introducing a response framework for thriving in volatile times:

<https://www.forbes.com/sites/soulaimagourani/2020/05/15/the-art-of-thriving-in-turbulent-times/#f0ac9bd2668f>

This article shares specifics about mental health and panic associated with COVID-19.

<https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

Author Brian Cuban’s blog “The Addicted Lawyer”

- offers guidance and options for recovery meetings including *In the Rooms*, an on-line recovery meeting resource. <http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>.
- Isolation can be an issue for many when events are cancelled, and human connections are lost. Brian addresses this at <http://briancuban.com/blog/dealing-with-social-isolation/>.

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

This article provides tips on managing stress levels in the office.

<https://www.abajournal.com/news/article/how-do-you-reduce-stress>.

This article discusses the connection between anxiety and ethical choices.

http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29