



## 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](https://www.facebook.com/mnlcl) or check our website at [www.mnlcl.org](http://www.mnlcl.org) for updates.

**Lawyers Concerned for Lawyers Groups: See [www.mnlcl.org](http://www.mnlcl.org) for descriptions and participation information. Please contact us at 651-646-5590 or [help@mnlcl.org](mailto:help@mnlcl.org) for additional information.**

- 12-Step meetings hosted by LCL: Mondays, 12:15 p.m. (phone), Fridays, noon, via Zoom
- LCL Text Messaging: 651-447-5LCL (5575). Available during business hours (the response may not be immediate),
- LCL Path to Lawyer Well-Being Group, Thursdays, beginning September 10, noon – 1:00 p.m.
- Family Support Group: 2nd and 4th Monday evenings
- LCL Careers Group: Thursdays, 4:00 – 5:00 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

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**

651-430-3383; 888-243-5744 (toll-free) [www.sandcreekeap.com](http://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](http://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.

#### **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>

Lawyers Concerned for Lawyers • 651-646-5590 • 866-525-6466 • [help@mnlcl.org](mailto:help@mnlcl.org) • [www.mnlcl.org](http://www.mnlcl.org)

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>

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

Suicide Prevention Lifeline: 1-800-273-TALK

### **Recovery Online Resources:**

Legal Profession 12 Step Meetings: <http://www.mnlcl.org/resources/meeting-links/lcl-meeting-links/>

**LCL** hosts a 12-step meeting via phone each Monday and via Zoom each Friday. Contact [help@mnlcl.org](mailto:help@mnlcl.org) for dial-in information.

**Bar None** AA, formerly held at the Minnesota State Bar Association office, meets Tuesdays and Thursdays from 12:30PM to 1:30PM via Zoom.

*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](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](http://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](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](http://12stepforums.net/narcotics_anonymous_online_meeting.html)

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/>