

## Lawyers Concerned for Lawyers (LCL)

## Confidential & Free Services

Lawyers Concerned for Lawyers provides peer and professional assistance for mental health, chemical dependency, or any other issues that cause stress or distress.

- Confidential
- Free

Available 24/7 to Minnesota

- Lawyers
- Judges
- Law students
- Their immediate family members

LCL team

- Attorneys
- Licensed mental and chemical health practitioners
- An extensive volunteer network

The LCL team is skilled in addressing many problems, particularly as they impact the legal professional. Often problems are interrelated.

- Alcohol and drug use
- Depression, anxiety and other mental health concerns
- Problem gambling and other compulsive behaviors
- Relationship and family problems
- Financial and work difficulties
- Stress
- Exposure to trauma
- Cognitive Impairment

Services available throughout Minnesota

- 24-hour help line
- Coaching for coworkers, family, friends
- Assessments for mental health, substance misuse and other issues
- Up to 4 free counseling sessions
- Referrals to appropriate professional services
- Peer support and mentoring
- Facilitated support groups
- Assistance with practice interruption or closure
- Education for individuals and organizations

**Confidentiality** is the cornerstone of LCL's service.

- Identities and information are kept strictly confidential.
- LCL will not report to any disciplinary authority or other individual or organization.

*Improving the lives of lawyers, judges & law students*



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[www.mnlcl.org](http://www.mnlcl.org)



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

*Chemical dependency, mental health and stress problems are treatable.*

*Ask for help – the first step toward a better life.*

Contact us confidentially:

(651)646-5590 • (866)525-6466 • [help@mnlcl.org](mailto:help@mnlcl.org)  
(email answered by LCL staff during business hours)



24-hour crisis line answered by LCL's partner, Sand Creek Group, Ltd.  
651-430-3383 • 888-243-5744  
(Say you were referred by LCL)

**Am I Alone?**

**No.**

 Legal professionals experience addiction, depression and anxiety at a much higher rate than the general public.

 20% of Americans will face a major depressive episode in their lifetime.

 Anxiety disorders are the most common mental illness in America. Untreated, these illnesses will worsen, even with temporary remission.

**Can I Be Helped?**

**Yes.**

 Facing a problem, although sometimes overwhelming, is the first positive step. Your worst enemies are time and denial.

 Alcohol, drug, mental health, and other conditions are treatable.

 LCL is uniquely suited to assist you because we understand legal professionals.

*Bar associations, other organizations, law firms, foundations and individuals support the work of LCL.*

**Is There A Problem?**

## Signs of Addiction

If you notice the following contact LCL for further assessment.

- You, your family, friends or colleagues are concerned about your use
- Being annoyed by that concern
- Feeling guilty about your use
- Being unable to control your use
- Steadily increasing your use
- Experiencing withdrawal symptoms
- Work is suffering because of your use
- Feeling the need to use to perform better
- Unsuccessful efforts to control your use

## Problem Gambling Symptoms

- Lying about how much you have gambled
- Feeling the need to bet more and more money

### Contact LCL

(651)646-5590 • (866)525-6466 • [help@mncl.org](mailto:help@mncl.org)

*LCL also helps with sexual compulsivity, gaming addiction and other compulsive behaviors.*

**Is There A Problem?**

## Signs of Mental Health Issues

If you notice the following contact LCL for further assessment.

### Depression Symptoms

- Feeling sad, empty, irritable, restless, overwhelmed, guilty, hopeless, worthless
- Loss of interest in usual activities
- Weight, appetite or sleep changes
- Difficulty concentrating or making decisions
- Fatigue
- Suicidal thoughts

### Anxiety Disorder Symptoms

- Excessive tension
- Overwhelming fear
- Palpitations, dizziness
- Flashbacks, nightmares
- Distractibility

*LCL also helps with stress, eating disorders, bipolar disorder, AD/HD, PTSD, and other mental health conditions.*