

You are not alone.



A WORD ABOUT CONFIDENTIALITY

We understand your concerns about privacy and confidentiality. LCL is equally sensitive about your career and your license.

We know it is hard to ask for help. LCL discreetly provides resources, support and information.

Your call to us and the help we provide is confidential. You incur no expense or any other obligation by calling LCL.

We do not disclose personal or identifying information to any agency, entity or person. You may remain anonymous, if you so choose.

1-888-999-1941

Lawyers Concerned for Lawyers

LAWYERS CONCERNED FOR LAWYERS PENNSYLVANIA

Lawyers Concerned for Lawyers of Pennsylvania, Inc. is a confidential, peer-based lawyer, judge and law student assistance program that provides discrete resources and support to legal professionals (and their family members) in the Commonwealth who may be facing mental health and/or substance use challenges.

If you, your colleague or a family member is in distress from a possible mental health or substance use issue,

WE CAN HELP!

**Call LCL'S
Confidential Helpline
1-888-999-1941
Available 24/7, 365 days a year**

Check out the LCL website!

- Free CLE programs
- Links to additional resources
- Self-assessment screens
- Information about LCL services
- Guidance from the Rules of Professional Conduct & the Judicial Conduct Board re: duty to report
- Warning signs of a colleague or family member in distress

www.lclpa.org

LAWYERS CONCERNED FOR LAWYERS PENNSYLVANIA

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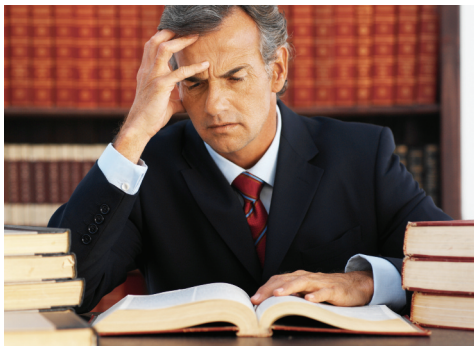
Photo credit: Dave & Les Jacobs/Getty Images

Since 1988, LCL has helped thousands of lawyers, judges, their family members and law students in need.

**Confidential Helpline
1-888-999-1941**

www.lclpa.org

24 hours a day, 7 days a week, 365 days a year



DOES THIS SOUND FAMILIAR?

- You feel **anxious, irritable, overwhelmed, depressed or burned out.**
- You have **more bad days than good**, and you feel like **you can no longer make a difference.**
- You **can't concentrate on work.** You're missing deadlines, **avoiding** calls or forgetting meetings.
- Your **drinking** has escalated, or you are increasingly relying on **prescription or other drugs to relax or sleep.**
- Your **personal life and relationships are suffering.** You have **no one to confide in.**
- Your **finances are in disarray**—too much debt, uncontrolled spending or **gambling.**
- You **no longer enjoy** hobbies, other activities and friendships.
- Others **have expressed concern.** You wish they would mind their own business.

YOU NEVER HAVE TO FEEL THIS WAY AGAIN

Legal professionals have a higher risk of depression, anxiety and problematic alcohol use than the general population. These are medical illnesses that can be effectively treated.

Lawyers, judges and law students often minimize their problems or falsely believe they should be able to solve them on their own, but no one can do it alone.

Resources, education, support and treatment save relationships, careers and lives.



Photo credit: AdobeStock

Nearly 1 in 3 lawyers, judges and law students will struggle with a mental health or substance use issue during his or her legal career.

Stress

Burnout & Compassion Fatigue

Anxiety

Depression

Grief & Loss

A Colleague's or Family Member's Substance Use or Mental Health Disorder

Problematic Alcohol Use

Problematic Prescription & Other Drug Use

Eating Disorders

Trauma

Problematic Gambling

Other Compulsive Behaviors & Mental Health Concerns

FREE, VOLUNTARY & 100% CONFIDENTIAL SERVICES

- **Available to Pennsylvania lawyers, judges, their family members, and law students**
- **General information, educational literature** and an array of mental health, wellness and substance use **resources**
- Referral for a **free, confidential session with a qualified healthcare professional** to discuss your needs and develop a personalized plan of treatment, if indicated
- Support and comradery of **peer volunteers** - lawyers, judges and law students who have faced and overcome similar challenges
- Mental health and substance use **recovery meetings** for legal professionals run by LCL peer volunteers
- **Intervention assistance** for those concerned about the well-being of a colleague or family member
- Assistance with **treatment** admissions
- Ongoing staff **support**



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