Sometimes the Toughest Tests Are Outside the Classroom

Wisconsin Lawyers Assistance Program

You're Never Alone School. Practice. Retirement.

Call (800) 543-2625 Confidential assistance for Wisconsin law students

You're Never Alone

1-800-543-2625 Wisconsin Lawyers Assistance Program



Law School Tests You in Many Ways

You can't say they didn't warn you about the pressures awaiting you in law school:

- The heavy workload
- The competitive atmosphere
- The mounting debt
- Fear of failure and/or fear of success
- The job hunt

Then there are the tests outside of class:

- Trying to "fit in" with friends
- Parties
- Late nights out
- Skipping studies
- Ditching class
- Drinking too much

Sound familiar? It can be a recipe for disaster. In some cases, a culture of using substances can lead to abuse or dependency.

For some students, stress can trigger the onset of anxiety and depression or other mental health conditions.

Sure, lawyers are taught, "Don't let them see you sweat." It's an adversarial profession, and there's an attitude that you never let on to competitors, adversaries, or colleagues that you're struggling. The result is a profession rife with good, talented people suffering from real, debilitating, but treatable conditions – and suffering alone.

Get Connected to Help 24/7

Help is available through the Wisconsin Lawyers Assistance Program, or WisLAP. We offer confidential, anonymous, free help. We are the people that law students, lawyers, and judges in Wisconsin call when they need assistance. WisLAP is your confidential advocate – 24/7. Whether you're coping with alcohol or drug abuse, depression, anxiety, or other stressors, we're here to help you build on your strengths and support you, now and throughout your career.

WisLAP has professional staff to assist you with determining a healthy direction to take.

We Can:

- Connect you with attorney volunteers who have faced problems like yours and know what you're dealing with
- Give you meaningful advice on healthy coping skills and problem solving
- Give you information on treatment programs, local support groups, and community resources

Some 19% of lawyers suffer depression at any given time, compared with 6.7% of the population as a whole. One in five lawyers is a problem drinker, twice the national rate. – Wall Street Journal

Your Safe Place to Turn for Help

Your confidentiality is assured, because WisLAP is exempt from reporting under Wisconsin Supreme Court Rule 20:8.3(c)(2). Your contact is kept in confidence. No files are maintained.

So don't suffer alone. Call (800) 543-2625. For more information and links to helpful resources, check out our Web page at: www.wisbar.org/wislap.

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