

About WisLAP Services:

Free and Confidential

- Early identification of impairment
- Intervention and motivation to seek help
- Consultation and referral to appropriate treatment resources
- Referral to a trained peer assistant – an attorney or judge who has committed time to assist a struggling colleague by providing support, understanding and guidance
- Information and consultation for those who are concerned about a legal professional
- Educational training programs on preventing, recognizing and addressing addiction, stress, depression and other mental health issues.

Because Life is Hard

If you, someone in your family, or your colleague, are experiencing mental, emotional, or physical problems such as depression, anxiety, physical illness, or alcohol or drug abuse, WisLAP can help. Free, confidential support is available 24/7 by calling **(800) 543-2625**.

WisLAP

Wisconsin Lawyers Assistance Program

WisLAP is a Member Services program of the State Bar of Wisconsin that utilizes trained Wisconsin judges and attorneys to provide assistance to judges, lawyers, law students, and their families. Each request for help is treated with the same confidentiality as the lawyer-client relationship. WisLAP is exempt from reporting professional misconduct to the Office of Lawyer Regulation (OLR), doesn't require callers to disclose their identity and does not keep case records. WisLAP is designed to help members build on their strengths and provide assistance through the enhancement of mental, emotional, and physical health. Confidential support is available 24/7 by calling **(800) 543-2625**.

Whatever the problem, WisLAP is ready to assist you. You don't have to manage it alone.

WisLAP

Wisconsin Lawyers Assistance Program

5302 Eastpark Blvd.
P.O. Box 7158
Madison, WI 53707
(800) 543-2625 (24 hr helpline)
(608) 250-6172 (coordinator)
(608) 257-5502 (fax)
www.wisbar.org/wislap

LAP27 3/11

Depression has many faces



WisLAP

Wisconsin Lawyers Assistance Program

Because life is hard.

For life's problems, confidential help is available 24 hours a day.

(800) 543-2625

www.wisbar.org/wislap



STATE BAR OF WISCONSIN



Too often people don't get help for their depression because they don't recognize the symptoms, struggle to ask for help, blame themselves or don't know that treatment is available and effective. Help is available through WisLAP by calling (800) 543-2625.

Depression is...

An illness: Just like diabetes or high blood pressure. Depression is not a character flaw.

Common: One out of ten adults experience depression, the rate is higher for legal professionals.

Insidious: People are often unaware that what they are experiencing is depression.

Ignored: 75 percent of those with depression never seek treatment and suffer needlessly.

Treatable: More than 80 percent of those seeking help find relief.

Signs and Symptoms of Depression

- Persistent sadness or apathy, crying, anxiety
- Feelings of emptiness, helplessness and hopelessness, worthlessness or guilt
- Loss of interest or pleasure in usual activities
- Trouble concentrating or remembering things
- Marked increase or decrease in sleep and appetite
- Fatigue or loss of energy
- Recurrent thoughts about death or suicide

According to a Johns Hopkins University study, attorneys suffer from depression at a much higher rate than the general population.

Depression is Treatable

- Early treatment can make a positive difference
- A combination of therapy and medication has been shown to be effective in decreasing depression
- Mindfulness meditation is growing in frequency as an effective measure to treat depression
- Seek confidential help through your doctor, a therapist or the Wisconsin Lawyers Assistance Program

Don't delay in calling; there is a strong correlation between legal professionals experiencing depression and problems with discipline.

Suicide Warning Signs

- Verbal threats or comments such as "You'd be better off without me" or "Maybe I won't be around"
- Direct threats to do harm to self such as "I will just kill myself"
- Depression
- Expressions of hopelessness and/or helplessness
- Personality change (withdrawal, aggression, moodiness)
- Giving away life's possessions, getting one's life in order
- Lack of interest in the future
- Previous suicide attempt(s)

Suicide Can be Prevented

In the majority of cases, suicide is a tragic result from a common and treatable mental illness and/or substance abuse disorder.

If you are concerned about someone:

- Ask the person if they are thinking about hurting or killing themselves; ask about suicide
- Convince them to seek help, agree to take them to help or call for help

If you are considering hurting yourself or considering suicide

- Tell someone
- Call 911 emergency services
- Go to the nearest hospital emergency room
- Call the HOPES Crisis line at (800) 273-8255
- Call WisLAP at (800) 543-2625