MENTAL HEALTH RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

*Provided by ABA Commission on Lawyers Assistance Programs –*

*to find your lawyers assistance program, go to:* [*https://www.americanbar.org/groups/lawyer\_assistance/resources/lap\_programs\_by\_state/*](https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/)

ANXIETY

To get free confidential, 24/7 support for anxiety, text “HOME” to the Crisis Text Line which is 741741; <https://www.crisistextline.org/?gclid=EAIaIQobChMI_oirlKyf6AIVjIbACh2H7AzdEAAYASAAEgJhyfD_BwE>

Science-based strategies for coping with Covid anxiety - <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

OFFICE MANAGEMENT/LEADERSHIP

This article discusses organizational leadership and managing COVID-19 panic.

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

Here are tips for working remotely from Fast Company: <https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak>.

PANIC

This article shares specifics about mental health and panic associated with COVID-19. <https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

SOCIAL DISTANCING

Coping mentally with social distancing, isolation and quarantine (4 page flyer from SAMHSA) [file:///C:/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/2020.taking%20care%20of%20yourself%20virus.pdf](file:///C%3A/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/2020.taking%20care%20of%20yourself%20virus.pdf)

STAYING MENTALLY HEALTHY

Challenges for mental health and coping mechanisms during COVID-19 are outlined by the CDC at

 <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>; and

Great tips for staying mentally healthy - <https://www.changedirection.org/staying-mentally-healthy-during-covid-19/>

Find tips for managing our mental health in troubling times - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

National Association for the Mentally Ill Online Support Groups - <https://namimainlinepa.org/online-and-telephone-support-groups/?fbclid=IwAR0QZnWSDebKDTYZM6I1nhPA0G7xZKrJi3AJ-YK-NiZlGkQhRFksAoo1DiA>

Depression and Bipolar Support Alliance: [https://www.dbsalliance.org/…/chapte…/online-support-groups/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.dbsalliance.org%2Fsupport%2Fchapters-and-support-groups%2Fonline-support-groups%2F%3Ffbclid%3DIwAR1EIglyaQpJNz9MTRj1O--zgrDmvZD81VQm15-_6C2p32WXhgfOYzTEdYI&h=AT15XH9DuBbGLXtLWYU5h3uThLJixx0mGODBW0eyS6O4Sgvvd-lV72Y6xGOPCHP_NU-gn3r66HQD9bBAdxqfo7Xkv9Vb_EBglkm39zj85n4N7hJCWKVtzHQ89CkxVUwzrem6cQkqbq0nJOu2-48yGkPLBOyjRbDnoAVdyrOv5cqh314nsqBAVsFjvql3aELUYIg4gu1Q-nK23p44y8fHayypxNVSO9LrK5WboamSBWaNUuQrqb-1KXr6QkWB6jsp8hbTAuFFBnZL-C22okK2U0TGC3NfcUNzpnDbcc45HqvpM0H8rCjT0AOvKVnVDB8nIxlSVjfQTwAhFjcAW3hboFZStDL6Ip-48SLF2Vt0kd1KBZqPIdU_EuELolz71u1f4VlLw41Skz0YF5zHyKFWRWUoxHZvWnryyBndjMQ9N8IHMRSc_kk_zPMMLR0KqCqUZ_yYFmoZV3-VEjoGTh04foDb-e19r7v-sfW_uYPRCkDsDCiqzYzErc4w_C9-o1yNMwtOzjXzloFSkhGfp1626c3_u1Bxi8fy0-5rH4UBovOX5PlNs09lEoAXXBpsGGiSAffyrZQf4eVs0r2ZfURYEiokLbA2us78zuagIpaG9_WYmxzH_bMdB2bgjW_62deFdsiYQGtHCVmdJw)

STRESS

This article provides tips on managing stress levels in the office. <https://www.abajournal.com/news/article/how-do-you-reduce-stress>.

Coping with Stress (4 page flyer from SAMHSA) [file:///C:/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/Coping%20w%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf](file:///C%3A/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/Coping%20w%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf)

SUBSTANCE ABUSE RESOURCES

AA: [http://aa-intergroup.org/directory.php](https://l.facebook.com/l.php?u=http%3A%2F%2Faa-intergroup.org%2Fdirectory.php%3Ffbclid%3DIwAR2Zcu1trGxm60YTIpIn79MzjpceidYUseKTOVViYWGpfjrrIrfs6hjTiig&h=AT1l4-t_XDUfB-DVsqPUdVXRRW6aXNbQnu40llF9X11UqNz9guQGgbTPoEGDJsD-HjEGKi70AJpNL_807oC84pXgqzzw6mDjQsN43Y7PQ6D0XvmKUUVBGiZ6-AjInItNu2qIR4bbN9HNo5E6XSRRUCq1hFliTjSiQA60L73iwSBeyzb4G_HuN5b0vKmpV-nXlL5Vx15JzQL3JOeqY8-2KCMtmna3mfVAJ_iFATEi3e8eziEnWC-xvSJgMkceE9aWUTQvYkFBiA5v1XUgkm8gXtEbpOtBxKKpWNNxkVNowrTPvEhRC6DHmFu2Ff2s497mp1UPxneF36Gqg-abjPIr_UPt9SIe2Mv9Utsl7iPv77SsJni1N5H6gurZpuM5l_2sO9Hx9aKbI4zdp_1x7y9YidDoKnwW5BvhctJ9-pRckBPkDVKKggjsYkF-KRZGBN8fQfrmYbrgJzwwiJjfSrc1-qDKSZCyRZEoNzQt828D_eCjy7YGE4XLbbaD4UjVKWNjqHtkLkAlanOmTCNyMehrlKQ1rN9p1QEv32BF3_XGMpmzH0zyCi9YR6OcW2n0UvUh5Vz8jHw1sQhMcnCEi0o49HqsP014trvhmUgDSogZgwqQ6qdCz_tqvZaKg-erm7xjvM3V-w8OeiZXNg)

In the Rooms: <https://www.intherooms.com/home/?fbclid=IwAR0jah6iT17ls-QFa_WQbz9d9I-bXv92Qgxt0RYOqlPyXhYVsrp2ngHKm-4>

Alanon: [https://al-anon.org/al-anon-meetings/electronic-meetings/](https://l.facebook.com/l.php?u=https%3A%2F%2Fal-anon.org%2Fal-anon-meetings%2Felectronic-meetings%2F%3Ffbclid%3DIwAR0UhBEfQjthqku5Zhn-Mbdeey2CJzdXS0GuLQaQBBgAykuDdDQQ-ysH5hA&h=AT1XEAwiBz4vreC5HwmsFZ_789swnlmyw-K8tlVIsE1aHVrM0vC8STl3I4dgGrE9ZJtBctKrSFh5vTF0Ut0mlzGuU9n4TVdd_EJ0RgJ5MykJLCxu0O9ZJgJ4MEIfpTj1aA9RVWE7Z7ntYSUa0vDFLqjj-5FiFS2vvP8noOkYxstbhD-ZPR6omiK6lJvRb8EKSeqZIGPexXE3MpR4RJsLF8z0lu4tJlCLY4at5Duo6PdrcDNRaYBT4uj0uIgkPoJ9pg_M7GPIW9St1PiUPM1ljNrDroaN2T_AUJxpEmB14sGid-2J3n4KQgJ0L4kGsXFnCB3hicGhC5w8CXg6_R503YJzCuTSjxtb0QTcTgHIL4e4uqBS7goMW0T9qRUapTjj2joZWGslHvAlvo0zvOit2jxgnuZOwFWA_GC4TptEkruQthsPgu0Us1Zl8ikGFhSlQHeW5bYf-XcXuPxW6TvCFda9B8TE-AkV5mU33Bl23WR0k2bk5b_svR3QfmwcFfbd7sjoHqRisp245F1uIIet7Dr3rzsbpP8Mi7tbGeUCGCCKSOgtChp-ULGnI2VYZBXiAsNG3K1ozs0J44SOVbA7dlf_803KbfOqX3F_C6N4VWAt0WSPPxngbznFmK9HYHaA7Cnpl8u6xz9y1Q)

Smart Recovery: <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/?fbclid=IwAR1WYJ_y_YKdYglurQ2r3L1MIaNAZ-ihdq6Lz6Mux-u8GGsTLDsdINUCWSk>

Author Brian Cuban’s blog “The Addicted Lawyer” offers guidance and options for recovery meetings. <http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>.

Importance of seeking help for mental health and substance use disorders - [**Fear Not: Speaking Out to End Stigma**](http://bit.ly/CoLAP-Video-Hardcoded-Captions) (three minute video)

SUICIDE

Free, confidential 24/7 support for people in distress, prevention and crisis resources for oneself and others Suicide Prevention Lifeline: 1-800-273-TALK; https://suicidepreventionlifeline.org