

# ORANGE COUNTY BAR ASSOCIATION YOUNG LAWYERS DIVISION

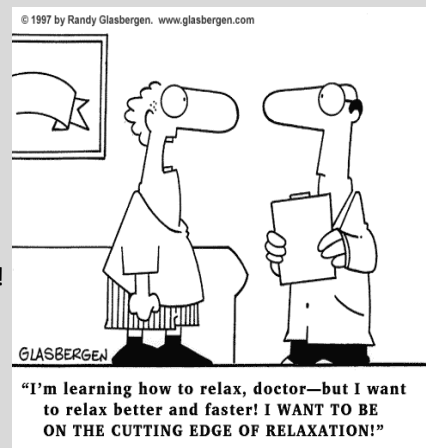
WELCOMES YOU TO THE

MENTAL HEALTH HAPPY HOUR

REDUCING STRESS AND FINDING A BALANCED LIFE

## Tips for Achieving a Work/Life Balance

- Effectively Communicate Your Needs, Personal Responsibilities and Expectations
- Set Boundaries and Protect YOUR Private Time – Learn to Say “NO”
- Organize Your Work Life & Personal Life - Build in Some Downtime & Calendar Some Fun!
- Set Your Priorities and Focus on the Things in Life That are Important to You
- Get Moving – Exercise, Find Something Fun to Do – Even if Only for 15 mins at a time.
- Evaluate Your Personal Habits – Sleep Habits, Diet,



## If You Are Suffering, Do Not Feel Like You Are Alone

A study published in the February 2016 issue of the Journal of Addiction Medicine shows that more than 20% of lawyers have struggled with substance abuse or mental health problems. Younger participants and those who are new to the profession showed significantly higher levels of “problematic use” when it comes to substance abuse, including alcohol. This includes a wide range of attorneys from top-tier large firms to solo-practitioners.

This same study showed that anxiety, depression and stress are also higher in both younger and newer attorneys.

### YOU can get help without the fear of being exposed

The most common barrier to seeking treatment is the fear that others will find out. This is why the California Bar, “The Other Bar” [www.otherbar.org](http://www.otherbar.org) and many similar groups are founded on the principal of anonymity and provide services in strict confidentiality.

### Getting Help Works

Participants who reported prior treatment in programs tailored to the legal profession reported lower scores across the board in the study’s alcohol use and disorder testing.

## California State Bar Association Lawyer’s Assistance Program (LAP)

“The mission of the Lawyer Assistance Program is to support recovering attorneys in their rehabilitation and competent practice of law, enhance public protection, and maintain the integrity of the legal profession.”

The LAP provides confidential rehabilitation support for attorneys dealing with substance abuse or mental illness. Professional help is available to attorneys suffering from stress, burnout, depression or chemical dependency.

### 877 - LAP-4-HELP LAP@calbar.ca.gov

Calbar.ca.gov Keyword: LAP Services

### Your Privacy is Assured.

Bus. & Prof. Code § 6234 mandates that participation in the Lawyer’s Assistance Program is confidential.

As a member of the State Bar, you can receive a free professional mental health assessment and an opportunity to participate in the LAP without making a long-term commitment.

### SUPPORT LAP

The Support LAP program is for attorneys who are interested in participating in a weekly group meeting with other lawyers and would like the support of a qualified mental health professional. It was designed for attorneys who do not require monitoring or verification of participation. There is a fee for group participation.

### Early Career Support Project

The LAP and the California Young Lawyers Association have joined forces to create the Early Career Support Project to assist recent members who have yet to find a rewarding and fulfilling career.

### Transition Assistance Services (TAS)

The State Bar provides free counselling for attorneys who need help with a difficult personal problem or career transition. For information on counselling services please call 800-341-0572, or email them at LAP@calbar.ca.gov.

TAS will arrange up to two free one-on-one counselling sessions with a local therapist who specializes in working with legal professionals around any personal issue or concern impacting work productivity - stress, burnout, minor depression or relationship issues.

### Career counseling

Members who have difficulty finding meaningful work in a tight employment market, find their current legal employment unsatisfying or are pondering how they might better utilize their law degree may need to meet with someone who can discuss their career. TAS provides up to two free counseling sessions with a career counselor who specializes in assisting attorneys who wish to make a positive career change.