



The State Bar of California

THE LAWYER ASSISTANCE PROGRAM (LAP)

Assessment Tools

For LAP's Anxiety Assessment, Depression Assessment and 20 Questions of Alcohol and Drugs, See "Resources" at: <https://www.calbar.ca.gov/Attorneys/For-Attorneys/Lawyer-Assistance-Program/LAP-Resources>

Resources

- ABA Commission on Lawyer Assistance Programs (CoLAP)
https://www.americanbar.org/groups/lawyer_assistance/
- Lawyers Depression Project (Free resource for attorneys, law students, paralegals, and administrative professionals)
<https://www.lawyersdepressionproject.org/>
- The Other Bar (Recovery program for California law students, attorneys, and judges) 800-222-0767; <https://otherbar.org/>
- [National Suicide Prevention Lifeline](#) (National, Toll-Free, 24/7) 1-800-273-TALK (8255)
- [Crisis Text Line](#) Need help? Text START to 741-741

Articles

- *Wellness Guide for Senior Lawyers, Their Families, Friends, and Colleagues*
<http://www.calbar.ca.gov/Attorneys/Conduct-Discipline/Ethics/Senior-Lawyers-Resources/Publications/Wellness-Guide>
- *Competency Issues: Having "The Talk"* by Michelle Harmon, LCSW
<https://calawyers.org/california-lawyers-association/competency-issues-having-the-talk/>
- *Stress, drink, leave: An Examination of Gender-Specific Risk Factors for Mental Health Problems and Attrition Among Licensed Attorneys, May 2021, J. Anker and P. Krill*
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0250563>
- *ABA Journal, April/May 2022, 40 Wellness Tips to Help Lawyers Cope with Stress,*
<https://www.abajournal.com/magazine/article/40-wellness-tips-to-help-lawyers-cope-with-job-pressure>
- *The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys* by Patrick R. Krill, JD, LLM, Ryan Johnson, MA, and Linda Albert, MSSW
- *Well-Being Tool Kit for Lawyers and Legal Employers*, created by Anne M. Brafford for Use by the American Bar Association

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