

LAWYER ASSISTANCE PROGRAM



The State Bar
of California

Do you need support managing stress, anxiety, depression, substance use, burnout, grief, relationship challenges, or other personal problems?

THE LAWYER ASSISTANCE PROGRAM CAN HELP



LAP is Confidential

- › Confidentiality is absolute unless waived by you
- › Cannot be disclosed as part of a civil proceeding, a disciplinary proceeding, or a public records request (Business and Professions Code section 6234)



Support

- › Two free one-on-one short-term counseling sessions with a therapist
- › Two free career counseling sessions for career dilemmas/decisions



Monitoring

- › Satisfies specific monitoring or verification requirements imposed by the State Bar, employers, or other entities, if applicable
- › Free professional mental health assessment
- › Weekly support groups with a mental health professional
- › Individual therapy, if applicable
- › Lab testing, if applicable
- › Fees for services



Sessions Conducted Online



I think that anybody who wants to improve their life should come here, that they should give it a chance, and they should try this because it is an incredible program.

LAP support group participant



www.calbar.ca.gov/LAP
877-LAP-4-HELP
LAP@calbar.ca.gov