

LAWYER ASSISTANCE PROGRAM

The mission of the State Bar of California Lawyer Assistance Program is to support law students, State Bar applicants, inactive, active, and former/disbarred attorneys in their rehabilitation and competent practice of law, enhance public protection, and maintain the integrity of the legal profession.



The State Bar
of California

LAWYER ASSISTANCE PROGRAM



TOLL FREE:

877-LAP-4-HELP

877-527-4435

213-765-1190

LAP@calbar.ca.gov

www.calbar.ca.gov/LAP

Contact the **Lawyer Assistance Program** to see if financial assistance is available for your particular situation.

LAWYER ASSISTANCE PROGRAM

Supporting law students, State Bar applicants, and attorneys through life's challenges



www.calbar.ca.gov/LAP

Confidential Hotline

877-LAP-4-HELP



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of California

THE PRACTICE OF LAW IS DEMANDING.

It demands your time, your energy, and your attention. Whether you are preparing to enter the profession, already practicing, or winding down for retirement, your responsibilities to others often require you to forsake your own well-being in order to achieve success. Over time, this can take a toll on your mental and physical health.

Are you:

- › Feeling that things are not quite right or could be going better?
- › Struggling to keep up personally and professionally?
- › Having problems with sleep, appetite, concentration, and/or procrastination?
- › Drinking, using drugs, or engaging in other unhealthy behaviors to cope?
- › Willing to reach out and get the help you deserve?



The Lawyer Assistance Program Can Help

www.calbar.ca.gov/LAP

**Confidential Hotline
877-LAP-4-HELP**

"This is the first time since I was 22 years old that I can look towards a future—any future— with confidence rather than fear and worry."

Lawyer Assistance Program participant

Be proactive when facing life's challenges.

Research confirms that legal professionals suffer from mental health issues and addiction at much higher rates than the general population. Substance use and mental health disorders are not moral issues. They are treatable illnesses with effects that result in the deterioration of moral and ethical practices.

There is no shame in having an illness. The challenge is to seek treatment once its presence is recognized.

The Lawyer Assistance Program is confidential.

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

MCLE Presentation

The State Bar provides a free one-hour MCLE presentation that satisfies the competency credit for all attorneys at their law firms, bar associations, agencies, organizations, conferences, seminars, or conventions. The presentation is also available to all law students and Bar Exam applicants at their law school, student association, student organization, conference, seminar, or convention. To request an MCLE presentation, contact LAP at 877-LAP-4-HELP or LAP@calbar.ca.gov.

LAWYER ASSISTANCE PROGRAM SERVICES



Support

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



Monitoring

- › Free professional mental health assessment
- › Confidential Support from a Clinical Monitoring Analyst
- › Satisfies specific monitoring or verification requirements imposed by:
 - State Bar Court, employers, and other entities
- › Weekly support group
- › Individual therapy, if applicable
- › Lab testing, if applicable
- › Fees for services
- › No disclosure without prior written authorization



Getting into LAP was the best thing that could ever have happened to me. It changed my life immeasurably for the better.

LAP support group participant

