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)

Orientation & Assessment

- Free professional mental health assessment
- Three free group sessions
- Two free one-on-one short-term counseling sessions with a local therapist
- Two free career counseling sessions for career dilemmas/decisions
- No long-term commitment

Support

- Weekly support groups with other participants
- Support of a qualified mental health professional
- Fee for group participation

Monitoring

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

Locations all over California

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