LAWYER ASSISTANCE PROGRAM



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



Sessions Conducted Online

