

# 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](http://www.calbar.ca.gov/LAP)  
877-LAP-4-HELP  
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