



Resources for The Invisible Burden: Understanding and Overcoming Post-Traumatic Stress Disorder and Vicarious Trauma in Attorneys

Substance Abuse and Mental Health Services Administration, [Post Traumatic Stress Disorder](#)

Substance Abuse and Mental Health Services Administration, [Understanding and Addressing Vicarious Trauma](#)

US Department of Justice, Office of Justice Programs, [Vicarious Trauma Assessment](#)

[Lawyer Assistance Program](#)

[ABA Well-Being Toolkit for Lawyers and Legal Employers](#)

[ABA Commission on Lawyer Assistance Program](#)

[The Other Bar](#): Recovery program for California law students, bar applicants, attorneys, and judges, hotline: 800-222-0767

[Lawyer Depression Project](#): Free resource for attorneys, law students, paralegals, and administrative professionals

[988 Suicide and Crisis Prevention Hotline](#)-call or text 988

[Group Coaching Services for Solo and Small Firm Attorneys](#)