

MENTAL HEALTH RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

Provided by ABA Commission on Lawyers Assistance Programs

ANXIETY

To get free confidential, 24/7 support for anxiety, text “HOME” to the Crisis Text Line which is 741741:

https://www.crisistextline.org/?gclid=EAIaIQobChMI_oirlKyf6AIVjIbACh2H7AzdEAAAYASAAEgJhyfD_BwE

Science-based strategies for coping with COVID-19 anxiety:

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

OFFICE MANAGEMENT/LEADERSHIP

This article discusses organizational leadership and managing COVID-19 panic:

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

Tips for working remotely from Fast Company:

<https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak>

PANIC

This article shares specifics about mental health and panic associated with COVID-19:

<https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

SOCIAL DISTANCING

Coping mentally with social distancing, isolation and quarantine (4 page flyer from SAMHSA):

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

STAYING MENTALLY HEALTHY

Challenges for mental health & coping mechanisms during COVID-19 from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Great tips for staying mentally healthy:

<https://www.changedirection.org/staying-mentally-healthy-during-covid-19/>

Find tips for managing our mental health in troubling times:

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

National Association for the Mentally Ill Online Support Groups:

<https://namimainlinepa.org/online-and-telephone-support-groups/?fbclid=IwAR0QZnWSDebKDTYZM6I1nhPA0G7xZKrJi3AJ-YK-NiZIGkQhRFksAoo1DiA>

Depression and Bipolar Support Alliance:

<https://www.dbsalliance.org>

STRESS

This article provides tips on managing stress levels in the office:

<https://www.abajournal.com/news/article/how-do-you-reduce-stress>

Coping with Stress (4 page flyer from SAMHSA):

<https://store.samhsa.gov/file/23384/download?token=71ok0Np2&filename=sma14-4885.pdf&sku=SMA11-DISASTER>

SUBSTANCE ABUSE RESOURCES

AA: <http://aa-intergroup.org/directory.php>

In the Rooms: https://www.intherooms.com/home/?fbclid=IwAR0jah6iT17Is-QFa_WQbz9d9I-bXv92Qgxt0RYOqIPyXhYVsrp2ngHKm-4

Alanon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Smart Recovery: https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/?fbclid=IwAR1WYJ_y_YKdYglurQ2r3L1MlaNAZ-ihdq6Lz6Mux-u8GGsTLDsdINUCWSk

Author Brian Cuban's blog "The Addicted Lawyer" - guidance and options for recovery meetings:

<http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>

Fear Not: Speaking Out to End Stigma - Importance of seeking help for mental health and substance use disorders (3 minute video):

https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/colap-video-2-hardcoded-captions.mp4

SUICIDE

Free, confidential 24/7 support for people in distress, prevention and crisis resources for oneself and others:

Suicide Prevention Lifeline - 1-800-273-TALK

<https://suicidepreventionlifeline.org>

To find a lawyers assistance program in your state go to:

https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/