### DCBAR

## Lawyer Assistance Program (LAP)

Is alcohol abuse, addiction, stress, depression, or any other mental health condition interfering with your personal life or your ability to perform in law school? Whatever the problem, you do not have to manage it alone. The D.C. Bar Lawyer Assistance Program can help.



# What Is the D.C. Bar Lawyer Assistance Program?

Established in 1985, the D.C. Bar Lawyer Assistance Program (LAP) is a free and confidential program assisting lawyers, judges, and law students suffering from any number of problems, such as:

- Alcohol and Drug Abuse
- Depression and Anxiety
- Stress and Burnout
- Relationship Issues
- Balancing Family, School, and work

- Prescription Drug Concerns
- Compulsive Behavior (internet, sex, gambling, shopping, etc.)
- Eating Disorders

#### The LAP Provides

- Confidential telephone access to a trained professional counselor
- Face-to Face assessment and referral to appropriate resources
- Short-term counseling
- Volunteer mentors who have experienced the same problems—and successfully faced them

Will my LAP participation be reported to my law school or the D.C. Bar?

#### No. ALL INQUIRIES WITH THE D.C. BAR LAWYER ASSISTANCE PROGRAM ARE STRICTLY CONFIDENTIAL UNDER THE LAW.

The LAP will NOT disclose any identifying information, without the student's written permission, to law schools, the D.C. Bar or anyone else without the student's written permission or unless required by law. If you have questions about the D.C. Bar application, or about LAP confidentiality, please give us a call.

## Do I have to be a Member of the D.C. Bar?

No. The LAP is available to law students in the District of Columbia who intend to apply for D.C. Bar membership following law school.



Lawyer Assistance Program
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Phone: 202-347-3131
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www.dcbar.org/bar-resources/lawyer-assistance-program