

*“Confidentiality is our cornerstone.  
It’s not just a promise, it’s the law.”*

**Judiciary Law Section 499,  
Lawyer Assistance Committees  
Chapter 327 of the Laws of 1993**

**Confidential information privileged.**  
The confidential relations and communications between a member or authorized agent of a lawyer assistance program committee sponsored by a state or local bar association and any person, firm or corporation communicating with such committee, its members or authorized agents shall be deemed to be privileged on the same basis as those provided by law between attorney and client. Such privilege may be waived only by the person, firm or corporation which has furnished information to the committee.

## Who We Are

NYC LAP, the New York City Lawyer Assistance Program, was established by the New York City Bar Association to provide support for all legal professionals in New York City. We are committed to offering help and assistance to individuals, colleagues, friends, and family members. Contact us on our confidential helpline, or by secure email, for a free, confidential consultation. Please visit our website for additional information: [www.nycbar.org](http://www.nycbar.org)

▶ **CONFIDENTIAL HELPLINE:  
212.302.5787**

In addition to the personalized services we provide, confidential recovery groups are available for those individuals who can benefit from this additional support.

▶ **LAWYER AA MEETING**  
Thursdays: 6:30 p.m.

▶ **LAWYER GAMBLERS  
ANONYMOUS MEETING**  
Thursdays: 12:30 p.m. - 1:30 p.m.

*Meetings take place at the New York City Bar Association,  
42 West 44th Street, between 5th & 6th Avenues.*

*Helping Lawyers,  
Judges, and Law  
Students Live  
Well Everyday*



## NYC LAP NEW YORK CITY LAWYER ASSISTANCE PROGRAM

Confidential Hotline  
212-302-5787  
[www.nycbar.org](http://www.nycbar.org)

NEW YORK  
CITY BAR

*“Insist on more – be the best  
lawyer you can be, by being  
the best you.”*

*“These meetings provided me  
with a much better sense of  
self-awareness, especially as  
an aspiring attorney.”*

# The practice of law is demanding.

It demands your time, your energy, and your attention. Whether you are preparing to enter the profession, are already practicing, or on the bench, your responsibilities to others often require you to forsake your own well-being in order to achieve success. Over time, this can exact a toll on your mental and physical health.

Are you:

- ▶ Feeling that things are not quite right or could be going better?
- ▶ Struggling to keep up personally and professionally?
- ▶ Having problems with sleep, appetite, concentration, and/or procrastination?
- ▶ Drinking or using drugs or engaged in other unhealthy behaviors to cope?
- ▶ Thinking that whatever you have tried to regain balance is not working?
- ▶ Willing to reach out and get the help you deserve?



# Be proactive when facing life's challenges.

Many law students, attorneys, and judges struggle with stress, alcohol abuse, drug abuse, depression, and anxiety. Research confirms that legal professionals suffer from mental health issues and addiction at much higher rates than the general population.

NYC LAP has a proven record of helping lawyers, judges, and law students overcome their struggles and achieve health and well-being.



***“Hearing that other attorneys also experience job-related stress and they have learned to cope in positive ways provided me with a framework that has given me hope.”***

## Our Services

NYC LAP provides free, confidential assistance to all lawyers, judges, law students, and their family members in New York City, including:

- ▶ Comprehensive evaluation and assessment
- ▶ Identifying solutions and developing a plan of action
- ▶ Supportive counseling
- ▶ Crisis intervention
- ▶ Referrals to treatment professionals and programs with expertise working with legal professionals
- ▶ Peer support from attorneys and judges who have overcome their own struggles and want to help their colleagues
- ▶ Educational presentations, CLE programs, and seminars at bar associations, firms, law schools, and agencies in the public sector on preventing, recognizing, and addressing mental health, addiction, relationship issues, anger management, career concerns, caregiving, and any other issues affecting the well-being of legal professionals.

***“The personal attention you gave meant so much to me and assisted me in getting through one of the most difficult times in my life .”***