

About NJLAP

The purpose of the New Jersey Lawyers Assistance Program (NJLAP) is to provide assistance to attorneys, members of the judiciary, law students, and law graduates with alcohol, drug, gambling, emotional, behavioral and other personal problems that affect well-being and professional performance.

NJLAP provides free, confidential, professional assistance with these and other issues. The New Jersey Lawyers Assistance Program is funded by all members of the Bar with invaluable administrative support from the New Jersey State Bar Association. Our services include help for a broad range of problems and personal issues including:

- Alcohol and Drug Abuse
- Depression
- Gambling
- Stress and Burnout
- Marital and Family Relationships
- Career Concerns
- Eating Disorders
- Balancing Work and Family

If you, a friend or colleague has concerns in these areas, seeking professional help can make a difference. Contact us privately for more information on the confidential HelpLine at

1-800-24-NJLAP

Confidential Consultations

Because of the sensitive nature of personal problems, attorneys in need are often reluctant to seek help. To foster early and confidential self-help and to encourage program participation, the New Jersey Supreme Court, in approval of the program, assured utmost confidentiality by adoption of Rule 1:28B-3. You can read it in full on our website at **www.NJLAP.org**.

The New Jersey Lawyers Assistance Program offers this service on a free and confidential basis. Assessment sessions are available to help define the problem and to recommend a helping hand. Our conversations are understanding of your need for confidentiality.

NJLAP provides information and referral to appropriate helping resources. NJLAP also offers ongoing confidential recovery support.

These statewide services are without fee, confidential and open to all New Jersey attorneys, judges, law students and law graduates.

NEW JERSEY LAWYERS ASSISTANCE PROGRAM

One Constitution Square
New Brunswick, NJ 08901
Phone: **1-800-24-NJLAP**
www.NJLAP.org
Email: info@NJLAP.org

NEW JERSEY LAWYERS ASSISTANCE PROGRAM

ATTORNEYS AND DEPRESSION



*You Don't Have to Manage
Alone.*

1-800-24-NJLAP www.NJLAP.org

It's not just the blues....

Like other illnesses such as diabetes or high blood pressure, depression is a real illness with real causes. More than 18 million Americans suffer from some type of depression, and one in eight people needs treatment for depression during his or her lifetime. According to a Johns Hopkins study, attorneys suffer from depression at a much higher rate than the general public.

Depression is not a character flaw. It is neither a "mood" nor a personal weakness that you can change at will or by "pulling yourself together."

Depression can be brought on by a number of factors working individually or in combination. Some of the more common triggers of depression are:

** Severe psychological stress: Relationship problems, death in the family, divorce, financial difficulties - any long-term stressful situation including job stress, even prolonged, cloudy winters.*

** A physical illness or condition: Cancer, diabetes, stroke, heart attack, rheumatoid arthritis, chronic fatigue syndrome, major surgery, or multiple sclerosis.*

** Medications: Some cardiovascular drugs, hormones, birth control pills, and even some nonprescription pain remedies may cause or worsen depression.*

** Alcohol or drug abuse: Substance abuse is both a cause and an effect of depression and the two can often occur together.*

Depression is one of the most treatable medical illnesses. More than 80% of people with depression can be treated successfully with medication, psychotherapy, or a combination of both. Your Lawyers Assistance Program can help. Just call us.

You Don't Have to Manage Alone.

Signs & Symptoms of Depression

- Inability to meet professional or personal obligations – procrastination, file stagnation and neglect, lowered productivity, excuse making and misrepresentation to clients, missing deadlines (statutes, filing responsive pleadings or motions)*
- Emotional paralysis – inability to open mail or answer phones*
- Feelings of having lost control of tasks and situations*
- Persistent sadness or apathy, crying, anxiety, "empty" feeling*
- Loss of interest or pleasure*
- Trouble concentrating or remembering things*
- Guilt, feelings of hopelessness, helplessness, worthlessness, low self-esteem*
- Changes in sexual energy or desire*
- Changes in eating, including loss of, or significant increase in appetite*
- Changes in sleep, marked increases or decreases in time spent sleeping.*
- Feelings of bafflement, confusion, loneliness, isolation, desolation; being overwhelmed or unavailable to what is going on around you*
- Thoughts of suicide (ideation) - planning suicide or suicide attempts*

You can learn more about lawyers and depression, read personal stories from attorneys who have experienced it, take a confidential self-test, and see our top ten tips for getting through it along with viewing other depression resources specifically designed for attorneys at

Early Treatment Is Best

Remember, depression is a real illness with real causes, and it is highly treatable. Lawyers, as helpers and advice-givers, often tend to deny their symptoms or tough it out alone, usually in vain. Your Lawyers Assistance Program can help with free, confidential resources and a proven 10-year track record. Millions of people with depression have already found help. With treatment, you can feel like yourself again.

You don't need to manage alone.

** Early treatment can help you feel better and return quickly to work and regular daily activities.*

** Treating depression reduces the risk of recurrence.*

** Early treatment can help stop the symptoms of depression from becoming more severe and more long-lasting.*

** Treatment can reduce thoughts of death, and lower the risk of suicide.*

** Changes in lifestyle—such as exercise, yoga, meditation, and a healthy diet—can help relieve stress, which can lead to depression.*

Don't delay in calling while trying to decide whether your situation has become serious enough. There is no reason to risk your license, livelihood, reputation or family. By not reaching out for help, a lawyer may jeopardize all that is meaningful in life.

Free, confidential help is always available from your Lawyers Assistance Program at