

• **RESOURCE LINKS** •

- [Senior Attorney Page](#)
- [Judges Program](#)
- [NJLAP Services](#)
- [Well-Being Week Page for info and recorded webinars](#)
- [Depression, Stress, Anxiety](#)
- [Substance Use](#)
- [Gambling](#)
- [Sign up for Balance and get our newsletter directly in your mailbox](#)

• **NJLAP SOCIAL MEDIA** •

- [Facebook](#)
- [LinkedIn](#)
- [Twitter \(X\)](#)
- [Instagram](#)
- [YouTube](#)

• **SUPPORT GROUPS** •

- [LCL meetings schedule](#)
- [Women's Group](#)
- [Men's Special LAP Group](#)
- [Small/Solo Practice](#)

[The Importance of Lawyer Assistance Programs](#)

[Lawyer Studies, including NJ's Putting Lawyers First Report](#)

[Self Tests from Mental Health America- you are invited to call us with concerns about your results](#)

• **Helplines that offer 24/7 Assistance** •

Addictions Hotline of NJ: 800-238-2333

NJ Mental Health Cares: 862-202-HELP (4357)

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Hotline: 988

IME Addictions Access Center (Rutgers University Behavioral Healthcare) **844-216-2777**

Reach NJ - (substance use disorders: live, trained counselors) **1-844-REACHNJ** (844-216-2777)

Balancing Caregiving, Personal Well-Being,

&

Professional Responsibilities



In her article for [Helpguide.org](#), Melinda Smith opens her advice for caregivers by telling them “the demands of caregiving can be exhausting and overwhelming. But there are steps you can take to rein in stress and regain a sense of balance, joy, and hope in your life.” This statement is important because taking on a caretaking role makes so many new demands, that, at times, it seems that a sense of “balance, joy, and hope” is impossible. In fact, the heightened stress that comes with becoming a caregiver can quickly turn into unrecognized burn-out. Smith warns that “If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind...”

Chronic exhaustion sets in, and harms both the caretaker and the person needing care. Smith states it clearly: “taking care of yourself isn’t a luxury.” In this article, she defines the symptoms of caretaker burnout, especially the development of feeling powerless. Some of her suggestions are to not let caretaking take over your life, focusing on the things you can control, and asking for caregiving help. She even suggests taking a break with laughter, and getting out of the house. Pour yourself a cup of coffee or tea, sit in a comfortable chair, and read [her entire article here](#).

Find More information for caregivers on our Senior Attorney page link at the top of this page

Our Mission

The New Jersey Lawyers Assistance Program is the free and confidential resource assisting all NJ Lawyers, Judges, Law Students, and Law Graduates achieve and maintain personal and professional well-being.

Our Vision

Never again will a New Jersey Lawyer, Judge, Law Student or Law Graduate have to say, “There Was Nowhere to Turn.”

Our Logo

Created in 2018, our logo not only displays “Jersey Pride” in supporting the well-being of NJ Lawyers, Judges, Law Students, and Law Graduates, the watercolor map is symbolic of the vibrant diversity of our state.

**You are invited to contact us at:
info@njlap.org or by calling 800-246-5527**