

LAWYER ASSISTANCE PROGRAM



The State Bar
of California

Do you need support managing stress, anxiety, depression, substance use, burnout, grief, relationship challenges, or other personal problems?

THE LAWYER ASSISTANCE PROGRAM CAN HELP



LAP is Confidential

- › Confidentiality is absolute unless waived by you
- › Cannot be disclosed as part of a civil proceeding, a disciplinary proceeding, or a public records request (Business and Professions Code section 6234)



Orientation & Assessment

- › Free professional mental health assessment
- › Three free group sessions
- › Two free one-on-one short-term counseling sessions with a local therapist
- › Two free career counseling sessions for career dilemmas/decisions
- › No long-term commitment



Support

- › Weekly support groups with other participants
- › Support of a qualified mental health professional
- › Fee for group participation



Monitoring

- › Satisfy a specific monitoring or verification requirement imposed by the State Bar, employers, or other entities
- › Weekly support groups with a mental health professional
- › Individual therapy, if applicable
- › Lab testing, if applicable
- › Fees for services



Sessions Conducted Online



www.calbar.ca.gov/LAP
877-LAP-4-HELP • LAP@calbar.ca.gov