

<b>Title:</b>	Mental Health Resources for Attorneys during COVID
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We are facing challenging times. Many lawyers already face significant challenges related to their professional and personal lives, which may be compounded during the COVID crisis. Below is a list of mental health resources in the event you, or someone you know, may be struggling during this time.

1. Colorado Lawyer Assistance Program (“COLAP”) is still available and offering resources:
  - a. COLAP is the free, confidential, and independent program for our legal community. Call COLAP at 303-986-3345 or go to [www.coloradolap.org](http://www.coloradolap.org). COLAP offers free and confidential consultations for topics such as: Stress management \* Tips for teleworking and creating routines \* Coping with shelter-in-place (isolation or feeling crowded at home, anxiety, grief/worry, etc.) \* Free virtual ethics CLE presentations on well-being for your group(s) \* How to support colleagues, family, friends, and employees \* Personal or professional issues \* Mental health, substance use, or addiction concerns \* Referrals to updated resources for assistance. COLAP’s mission is to promote well-being, resiliency and competency by assisting Colorado judges, lawyers, and law students with any issue that compromises their practice, efficacy, and quality of life.
  - b. COLAP is available at any time for a consultation with anyone seeking resources and/or support;
  - c. COLAP is still offering web-based ethics CLEs for entities interested and can tailor the messaging to the current environment;
  - d. COLAP continues to offer support and resourcing for substance use.
2. Online resource for people struggling with alcohol use/abuse during the pandemic: <http://www.rethinkingdrinking.niaaa.nih.gov/>

3. The Colorado Bar Association has also compiled mental health resources for members on their webpage as follows: <http://www.cobar.org/for-members/COVID-19-Resources> (see the “Well-Being” tab):

- a. Colorado Crisis Services 1-844-493-8255 or text “TALK” to 38255; <https://coloradocrisiservices.org/> (confidential & immediate support 24/7/365)
- b. Colorado Lawyers Helping Lawyers (“CLHL”): Colorado Lawyers Helping Lawyers is a lawyer-to-lawyer program supported by the CBA and is available to all lawyers, judges, law school students, and graduates. The focus of CLHL is on helping those who are experiencing alcohol, substance abuse, and mental health issues. This is achieved through confidential peer support, education, referral, and outreach. The peer support program offered through CLHL does not provide treatment or evaluation services. Rather, CLHL provides peer support groups in Denver and a statewide “virtual” telephone support group. All groups preserve the confidentiality of participants. In addition, three attorneys are available for direct phone contact to discuss individual's personal issue and strategies for dealing with those problems. These calls are not for emergencies — for those, people should contact 911. For a list of CLHL's meeting times and locations, [click here](#)\*

\*meetings are being held remotely through April 30<sup>th</sup>.

- c. Support of Lawyers/Legal Personnel – All Concerned Encouraged (“SOLACE”) is a program offered through the CBA designed to assist judges, lawyers, paralegals, legal assistants, and others in Colorado who have experienced a significant, potentially life-changing event in their lives. The sole purpose of SOLACE is to allow the legal community to reach out in meaningful and compassionate ways to judges, lawyers, court personnel, paralegals, and legal assistants and their families who experience deaths or other catastrophic illnesses, sickness, or injury.