



## **COVID-19 and Well-Being**

**The D.C. Bar Lawyer Assistance Program supports well-being in our profession including health and safety. LAP sessions and meetings will take place remotely until further notice. Contact [LAP@dcbar.org](mailto:LAP@dcbar.org) for more information.**

**We recognize for many people the current coronavirus outbreak is impacting their mental health – particularly for those who struggle with anxiety. We offer these resources to help you manage this challenging time.**

### ***D.C. Bar Lawyer Assistance Program Services***

Phone **202.347.3131**; Email [LAP@dcbar.org](mailto:LAP@dcbar.org); Twitter [@LAPCounselor](https://twitter.com/LAPCounselor)

Website <https://www.dcbar.org/bar-resources/lawyer-assistance-program/>

The LAP is a free and confidential service for D.C. Bar members, judges, and law students. We offer free, confidential help for anyone struggling with well-being, mental health or substance use issues. Our services include professional clinical assessments and referrals; short-term counseling; consultations with concerned others, such as employers or family members; peer support; and education.

### ***ABA Commission on Lawyer Assistance Programs***

To find your local lawyers assistance program, go to:

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/lap\\_programs\\_by\\_state/](https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/)

### ***Centers for Disease Control and Prevention***

The CDC site is likely to offer the most up to date information on the COVID-19 virus

(<https://www.cdc.gov/>).

### ***District of Columbia Department of Health***

This D.C. resource is continually updated with recommendations and data.

<https://coronavirus.dc.gov/>

## Resources addressing COVID 19, Mental Health and Coping

### ANXIETY

To get free confidential, 24/7 support for anxiety, text “HOME” to the Crisis Text Line which is 741741; <https://www.crisistextline.org/>

Science-based strategies for coping with COVID-19 anxiety - <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Anxiety and Depression Association of America’s resource page, updated daily <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Ten Percent Happier’s “Coronavirus Sanity Guide” offers meditations, podcasts, blog posts, and talks to help build resilience and find some calm amidst the chaos.

<https://www.tenpercent.com/coronavirussanityguide>

### CHILDREN AND FAMILIES

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks [https://store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)

Just For Kids: A Comic Exploring the New Coronavirus,

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### OFFICE MANAGEMENT/LEADERSHIP

This article discusses organizational leadership and managing COVID-19 panic.

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

Here are tips for working remotely from Fast Company: <https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak>.

This article discusses the connection between anxiety and ethical choices in the legal profession.

<https://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/>

### PANIC

This article shares specifics about mental health and panic associated with COVID-19.

<https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

## SOCIAL DISTANCING

How to Care for Your Mental Health During the Coronavirus Lockdown

<https://slate.com/technology/2020/03/coronavirus-isolation-mental-health-guide.html>

Coping mentally with social distancing, isolation and quarantine (4 page flyer from SAMHSA)

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

## STAYING MENTALLY HEALTHY

Challenges for mental health and coping mechanisms during COVID-19 are outlined by the CDC at

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>; and

Great tips for staying mentally healthy - <https://www.changedirection.org/staying-mentally-healthy-during-covid-19/>

Find tips for managing our mental health in troubling times - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

National Association for the Mentally Ill Online Support Groups - <https://namimainlinepa.org/online-and-telephone-support-groups/>

Depression and Bipolar Support Alliance: <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

## STRESS

This article provides tips on managing your stress levels in the office.

<https://www.abajournal.com/news/article/how-do-you-reduce-stress>.

Coping With Stress During Infectious Disease Outbreaks (4 page flyer from SAMHSA)

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

## SUBSTANCE USE RESOURCES

AA: <http://aa-intergroup.org/directory.php>

In the Rooms: <https://www.intherooms.com/home/covid-19-resources/>

Alanon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Smart Recovery: <https://www.smartrecovery.org/>

Author Brian Cuban's blog "The Addicted Lawyer" offers guidance and options for recovery meetings. <http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>.

## SUICIDE

Free, confidential 24/7 support for people in distress, prevention and crisis resources for oneself and others Suicide Prevention Lifeline: 1-800-273-TALK; <https://suicidepreventionlifeline.org>

## TELEHEALTH

If you are seeking support outside of the LAP, online therapy platforms, such as those listed below, are a valuable resource.

TalkSpace <https://www.talkspace.com/>

Better Help <https://www.betterhelp.com/>

You can also explore options provided by your health insurance as most are supporting telehealth in the midst of this national emergency.

Psychology Today, Find-A-Therapist Database

<https://www.psychologytoday.com/us>

\*Importance of seeking help for mental health and substance use disorders - [\*\*Fear Not: Speaking Out to End Stigma\*\*](#)