LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

Lawyers Concerned for Lawyers – How Can LCL Help?

- LCL provides free, confidential, peer and professional support and services to lawyers, judges, law students, family members, and legal organizations throughout Minnesota who are facing mental health, substance use, or other life challenges. This includes up to four free counseling sessions, a 24/7 hotline, support groups, and referrals to resources.
- LCL is **absolutely confidential**.
- LCL partners with Minnesota CLE, bar associations, legal employers, law schools, and other organizations to offer programs on well-being, impairment, stress management, and other topics, often for Elimination of Bias or Ethics CLE credit.
- LCL provides coaching on how to reach out to a friend or colleague who may be struggling.
  - General concerns and resources
  - Supervisory referrals
  - Interventions
- LCL can provide critical incident response if a tragedy or crisis impacts the firm, organization, or family.
- LCL helps lawyers get into treatment and has a fund to help pay for substance use and mental health treatment and related services.
- LCL, founded in 1976, helps approximately 400 new clients every year and is partially funded through lawyer license fees. We truly appreciate your support!
- LCL volunteers are the lifeblood of our service to the profession. Contact us to learn more or join LCL.
- LCL is committed to well-being in our profession and supports our colleagues in their recovery from any issue. Call us, we'll help!

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MYTHS & FACTS

MYTH: Lawyers Concerned for Lawyers ("LCL") will report me to the Minnesota Board of Law Examiners or the Office of Lawyers Professional Responsibility or somehow, they will find out about me.

FACT: False. LCL does not and will not report to any licensing board, employer or agency, even if information is requested by those sources or our clients request that we do so.

MYTH: You can do it yourself.

FACT: The likelihood of being successful in recovery greatly increases with appropriate aftercare and other support in place.

MYTH: I will have to give my name and other information to LCL.

FACT: False. Individuals concerned for themselves or another may call LCL confidentially without identifying themselves.

MYTH: LCL only helps lawyers with alcohol issues.

FACT: Yes, LCL offers services and support for individuals with drug and alcohol related issues. We also assist those dealing with stress, anxiety, depression, career concerns, aging, couples and family issues, eating disorders, gambling problems, and any other issues that may cause stress or distress.

MYTH: LCL is a Twin Cities program.

FACT: False. LCL is a statewide program and welcomes opportunities to reach our colleagues throughout Minnesota.

MYTH: I can use my employer's Employee Assistance Program with the same result.

FACT: True and False. Your employer's EAP can be a great resource. LCL counselors understand the stress of the legal profession and LCL offers ongoing connections, peer support and other services and resources.