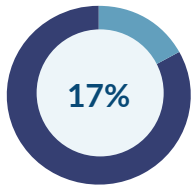


Lawyer Assistance Program

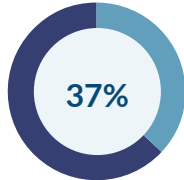
The D.C. Bar Lawyer Assistance Program (LAP) offers **FREE** mental health and well-being services to law students in D.C. who plan to apply to the D.C. Bar.

LAP services are **STRICTLY CONFIDENTIAL** and available via teletherapy or in person, by appointment.

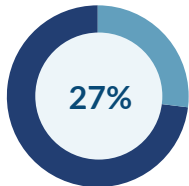
Suffering in Silence, a survey of 3,000 law students attending 15 U.S. law schools, revealed:



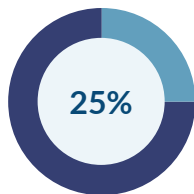
of law students suffer from depression



of law students screened positive for anxiety disorder



of law students struggle with an eating disorder



of law students are at risk for alcohol use disorder

Source: *Suffering in Silence*, Survey of Law Students Well-Being (SLSWB), 2016

Services include:

- Evaluation and short-term counseling with licensed mental health professionals
- Referral to appropriate community resources and other providers
- Support Groups
- Consultations (i.e., concerns of a colleague, family, or friends)
- Educational programming, workshops, CLEs and trainings
- Bar Prep Support Group
- Volunteer mentoring and support



We help law students with a wide range of issues including but not limited to:

- Anxiety and Depression
- Substance Use and Addiction
- Academic Pressures (Socratic method, grading curve, competition)
- School-related stress
- Relationship Stressors

No issue is too small. The earlier someone gets help, the better. **You are not alone in your struggle.**

Contact us: lap@dcbbar.org | www.dcbbar.org/lap