



# Recognizing, Understanding, and Referring a Colleague in Need

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## Agenda

- I. Introduction about LAP (5 minutes)
  - a. What is the Illinois Lawyers' Assistance Program?
  - b. What can we help with and confidentiality.
- II. Attorneys are a vulnerable population (10 minutes)
  - a. Study results: Attorneys and seeking help.
  - b. Study results: Who are the most at risk attorneys?
  - c. Why attorneys are particularly vulnerable.
- III. Substance Abuse (5 minutes)
  - a. Warning signs.
  - b. What to do when you spot the warning signs for substance abuse.
- IV. Anxiety (10 minutes)
  - a. Clinical symptoms.
  - b. How to spot anxiety in an office setting.
- V. Depression (10 minutes)
  - a. Clinical symptoms.
  - b. How to spot depression in an office setting.
- VI. Suicide (10 minutes)
  - a. Clinical symptoms.
  - b. What to do.
  - c. What not to do.
  - d. ACE questionnaire.
- VII. How to refer someone to LAP (10 minutes)
  - a. Talking to a colleague about LAP.
  - b. Calling LAP with a colleague for whom you are concerned.
  - c. Anonymously calling LAP about a colleague you are concerned about.