



TEXAS LAWYERS' ASSISTANCE PROGRAM

Confidential. Respectful. Voluntary.

MENU OF PRESENTATIONS

- ***How to Avoid Burnout in the Legal World.*** In this program, you will learn about the causes of burnout and explore evidence-based tips on how to manage stress and anxiety to avoid compassion fatigue and to avoid losing enthusiasm for the practice of law.
- ***Tips for Wellness in the Practice of Law.*** This course overviews obstacles to lawyer wellness and examines evidence-based strategies for building and maintaining mental health while engaging in the very demanding practice of law.
- ***How Trauma Affects Lawyers and What to do About it.*** Trauma is virtually everywhere in the legal world. This program looks at how trauma affects clients, staff, and attorneys. It also overviews types of direct and secondary trauma they experience, how such trauma affects wellness, and skills to process it or prevent it from causing mental health issues.
- ***Suicide Prevention: ASK About Suicide to Save a Life.*** Attorneys often interact with colleagues or clients at risk for suicide. The program provides participants with an overview of the basic epidemiology of common mental health issues, suicide and suicidal behavior, and risk and protective factors. Participants will learn to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior. It will also cover what to do if a person they think might be at risk, including guidance for referring the person to help.
- ***Technology and Mental Health for Lawyers.*** Between texts, emails, and social media, lawyers are struggling to find the space for self-care. This presentation looks at how today's 24/7 access to information and to each other has negatively affected our mental health. It also focuses on effective ways to disconnect from technology that can help improve work-life balance.
- ***Depression and Anxiety: What Every Lawyer Should Know.*** This presentation overviews the common mental health problems faced by lawyers. It looks at how to assess and treat the anxiety and depression that often create difficulties for lawyers. It also examines preventative tips to avoid these issues.

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- **Mindfulness and the Practice of Law.** According to research, anxiety is one of the most common problems for lawyers. Mindfulness is a leading solution to anxiety. In this program, you will look at powerful research regarding the benefits of breathing exercises and meditation. You will also learn basic guidance on how to use mindfulness in your professional life to achieve a successful work-life balance.
- **Substance Use Disorders: What All Lawyers Should Know.** More than 1 in 5 lawyers suffer from a substance use disorder. Even more suffer while observing a colleague self-destruct in an addiction. Whether it is alcohol, prescription drugs, or other substances, lawyers need to know the basics about these issues for clients, colleagues, and for their own wellbeing. This presentation looks at the leading substance use disorders, research, symptoms, evidence-based solutions, and treatments. It also provides some guidance to help those living with or working with an impaired attorney.
- **Cognitive Decline: How to Deal with Aging or Impaired Attorneys.** Over 17 percent of attorneys in Texas are over the age of 65. It is no surprise that we are seeing more attorneys practicing with cognitive impairments. This presentation examines the problem of cognitive impairments and how to deal with colleagues facing them, including practical tips and helpful resources.
- **Grief and Loss: Being Prepared for its Effect on Clients and Colleagues.** Attorneys are already often dealing with plenty of hardships when the worst news comes. Adding the loss of a family member or colleague to the mountain of worries lawyers already face can be overwhelming. This presentation introduces how grief works, the stages, and leading evidence-based suggestions for dealing with it.
- **The Three Fs: How Lawyers Fail at Food, Fitness, and Fun.** Lawyers often struggle with basic health. An inordinate number of lawyers and law students have eating disorders, fail to get recommended sleep and exercise, and fall prey to bad habits. This program looks at the research on lawyer health, suggests strategies to implement long-term change, and offers resources and guidance for a variety of lawyer health challenges.

TLAP HELPS

LAW STUDENTS
YOUNG LAWYERS
LAWYERS
AGING LAWYERS
JUDGES
LEGAL EMPLOYERS

TLAP HELPS WITH

WELLNESS
STRESS & ANXIETY
DEPRESSION & BIPOLAR
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SUBSTANCE ABUSE
COGNITIVE DECLINE

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