* Resources
	+ Employee Assistance Program (EAP)
	+ Bar Association programs - confidential services and support for lawyers facing substance use disorders or mental health issues.
		- ABA – Commission on Lawyer Assistance Programs (LAPs)

 <http://www.americanbar.org/groups/lawyer_assistance.html>

* + - State and/or local LAPs – contact a bar association
	+ Your faith organization
	+ Explore Apps: Guided meditation, sleep, and/or stop distractions
	+ National Suicide Prevention Lifeline -1-800-273-TALK (8255), Available 24 Hours
	+ Crisis Text Line - Need help? Text START to 741-741
	+ TALK TO SOMEBODY/LISTEN TO COLLEAGUES

