* 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

