



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

# COVID-19 and Well-Being

**Lawyers Concerned for Lawyers supports well-being in our profession including health and safety. LCL groups and meetings will take place remotely until further notice. LCL offers a weekly 12 step meeting via phone. Contact [help@mncl.org](mailto:help@mncl.org) for dial-in information.**

**We recognize that collateral effects can impact our mental health. We offer these resources as examples to help you understand and manage potential challenges.**

### *Lawyers Concerned for Lawyers Services*

651-646-5590; 877-525-6466 (toll-free) [www.mncl.org](http://www.mncl.org); [help@mncl.org](mailto:help@mncl.org); [www.facebook.com/mncl](https://www.facebook.com/mncl).

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress, and personal and career-related issues. Our services include: 24-hour crisis response; professional clinical assessments and referrals; interventions; short-term counseling; support groups facilitated by licensed counselors; peer support; and education.

### *Sand Creek EAP*

612-430-3383; 888-243-5744 (toll-free) [www.sandcreekeap.com](http://www.sandcreekeap.com)

LCL's Employee Assistance Program partner Sand Creek offers face to face and virtual counseling. You can speak with a counselor 24/7 by calling Sand Creek directly. Additionally, they host a website with articles and resources in many areas including frequently updated information on COVID-19. Go to [www.sandcreekeap.com](http://www.sandcreekeap.com) and click on "EAP WORK/LIFE PORTAL" to use or create your account. Use the Company Code "lawyers" when creating your account.

## ***Centers for Disease Control and Prevention***

The CDC site is likely to offer the most up to date information on the COVID-19 virus (<https://www.cdc.gov/>). See links to articles “Mental Health and Coping During COVID-19” and “Stigma and Resilience.”

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

<https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>

## ***Minnesota Department of Health***

This Minnesota resource is continually updated with recommendations and data.

<https://www.health.state.mn.us/diseases/coronavirus/index.html>.

## **Summary of Resources Discussing COVID 19, Mental Health and Coping**

This article discusses organizational leadership and managing COVID-19 panic.

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

This article shares specifics about mental health and panic associated with COVID-19.

<https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

Author Brian Cuban’s blog “The Addicted Lawyer” offers guidance and options for recovery meetings including *In the Rooms*, an on-line recovery meeting resource. <http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>. Isolation can be an issue for many when events are cancelled, and human connections are lost. Brian addresses this at <http://briancuban.com/blog/dealing-with-social-isolation/>.

This article, published by the American Foundation for Suicide Prevention, reminds us that our mental health can suffer when we lose our sense of control. Find tips for managing our mental health in troubling times. <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Here are tips for working remotely from Fast Company: <https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak>.

This article provides tips on managing stress levels in the office.

<https://www.abajournal.com/news/article/how-do-you-reduce-stress>.

This article discusses the connection between anxiety and ethical choices.

[http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29](http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29)

