

## Appendix

### 24 hour Crisis Suicide Hotlines:

HopeLine Suicide Hotline: 1-800-SUICIDE

National Suicide Prevention Lifeline: 1-800-273-TALK or 1-800-273-8255

Crisis Text Line: 741741

### Alcoholics Anonymous (AA)

<https://www.aa.org>

### AA meetings Online Intergroup

<http://aa-intergroup.org/>

### International Lawyers in Alcoholics Anonymous

<http://www.ilaa.org/home/>

### Debtor's Anonymous

PO Box 920888

Needham, MA 02492-0009

Street address for legal purposes only:

1116 Great Plain Ave, Needham, MA 02492

Toll Free US Only: 800-421-2383

+1 781-453-2743

<https://debtorsanonymous.org>

### Dual Recovery Anonymous

P.O. Box 8107

Prairie Village, Kansas, 66208

[draws@draonline.org](mailto:draws@draonline.org)

<http://www.draonline.org>

### Emotions Anonymous

PO Box 4245

St. Paul, MN 55104-0245

(651) 647-9712

<https://emotionsanonymous.org>

### Gambler's Anonymous

PO Box 17173

Los Angeles, CA 90017

(626) 960-3500

<http://www.gamblersanonymous.org/ga/>

### Lawyers in Recovery

[www.recoveringlawyers.org](http://www.recoveringlawyers.org)

Lawyers with Depression  
[www.lawyerswithdepression.com](http://www.lawyerswithdepression.com)

Narcotics Anonymous (NA)  
<https://www.na.org>

National Helpline for Judges Helping Judges  
1-800-219-6474

Substance Abuse and Mental Health Services Administration (SAMHSA)  
5600 Fishers Ln,  
Rockville, MD 20857  
1-800-662-HELP (4357)  
TTY 1-800-487-4889

Workaholics Anonymous  
Post Office Box 289  
Menlo Park, California 94026-0289 U.S.A.  
(510) 273-9253  
<http://www.workaholics-anonymous.org>

## List of Lawyer Assistance Programs (LAPS)

### **Alabama**

(334) 517-2238 or (334) 517-2216

24-hour hotline (334) 224-6920

<https://www.alabar.org/programs/alabama-lawyer-assistance-program/>

### **Alaska**

Alaska Bar Association Lawyers' Assistance Committee

(907) 272-7469

<https://alaskabar.org/sections-committees/lawyers-assistance-committee/>

### **Arizona**

State Bar of Arizona Member Assistance Program (MAP)

602-340-7334

<https://www.azbar.org/professionaldevelopment/map/>

Judges Assistance

<https://www.azbar.org/professionaldevelopment/map/judgesassistance/>

Peer Support Network

<https://www.azbar.org/professionaldevelopment/map/support/peersupportnetwork>

### **Arkansas**

Arkansas Judges & Lawyers Assistance Program (JLAP)

18 Corporate Hill Dr # 201

Little Rock, AR 72205

(501) 907-2529

[confidential@arjlap.org](mailto:confidential@arjlap.org)

<https://arjlap.org>

### **California**

Lawyer Assistance Program (LAP)

877-LAP-4HELP/877-527-4435

[LAP@calbar.ca.gov](mailto:LAP@calbar.ca.gov)

<https://www.calbar.ca.gov/Attorneys/Attorney-Regulation/Lawyer-Assistance-Program>

### **Colorado**

303-986-3345

<http://coloradolap.org> (COLAP)

Colorado Lawyers Helping Lawyers (CLHL)

<http://www.clhl.org>

### **Connecticut**

Lawyers Concerned for Lawyers – Connecticut, Inc. (LCL-CT)

2080 Silas Deane Highway,  
Rocky Hill, CT 06067  
confidential hotline: 1-800-497-1422  
phone: (860) 563-4900  
<https://www.jud.ct.gov/LCL.htm> and <http://www.lclct.org>

### **Delaware**

Delaware Lawyers Assistance Program (DE-LAP)  
405 N. King Street, Suite 100  
Wilmington, DE 19801  
(302) 777-0124, 1-877-24-DELAP  
<http://www.de-lap.org>

### **Florida**

Florida Lawyers Assistance Program (FL-LAP)  
2335 E. Atlantic Blvd., Ste.410  
Pompano Beach, FL 33062  
(954) 566-9040, (800) 282-8981  
Confidential judicial hotline: (888) 972-4040  
Fax: (954) 568-0803  
<https://www.fl-lap.org>  
[mail@fl-lap.org](mailto:mail@fl-lap.org)

### **Georgia**

Lawyer Assistance Program (LAP)  
104 Marietta St. NW, Suite 100  
Atlanta, GA 30303  
(800) 327-9631  
<https://www.gabar.org/committeesprogramssections/programs/lap/>

### **Hawaii**

The Attorneys and Judges Assistance Program (AAP)  
212 Merchant St., Ste. 200,  
Honolulu, HI 96813  
<https://hawaiiiaap.com>  
24/7 toll free 1-800-273-8775, 808-531-2880

### **Idaho**

Idaho Lawyers Assistance Program (LAP)  
For assistance or to make a referral contact  
Southworth Associates  
5530 W. Emerald  
Boise, ID 8370  
24/7 hotline: 866-460-9014, (208) 949-0363  
<https://isb.idaho.gov/member-services/programs-resources/lap/>

### **Illinois**

Illinois Lawyers' Assistance Program (LAP)  
Chicago Office  
20 S. Clark St., Suite 450  
Chicago, IL 60603  
312-726-6607, 800-LAP-1233  
gethelp@illinoislap.org  
<https://illinoislap.org>

### **Indiana**

Indiana Judges & Lawyers Assistance Program (JLAP)  
320 N. Meridian St., Suite 606  
Indianapolis, IN 46204  
(317) 833-0370  
Toll free 866-428-5527  
<https://www.in.gov/judiciary/ijlap/>

### **Iowa**

Iowa Lawyers Assistance Program  
625 East Court Avenue  
Des Moines, IA 50309  
(800)-243-1533  
(515)-277-3817  
Cell (515)-360-1668  
help@iowalap.org  
<https://www.iowacourts.gov/opr/attorneys/attorney-practice/frequently-asked-questions/iowa-lawyer-assistance-program/> and <http://www.iowalap.org/>

### **Kansas**

Kansas Lawyers Assistance Program  
515 S Kansas Ave  
Topeka, KS 66603  
1-785-368-8275  
kalap@kscourts.org  
<https://kalap.com/>

### **Kentucky**

Kentucky Lawyer Assistance Program (KYLAP)  
PO Box 1437  
Frankfort, KY 40602  
(502) 226-9373  
<https://www.kylap.org>

### **Louisiana**

Judges and Lawyers Assistance Program Inc. (JLAP)

1405 West Causeway Approach  
Mandeville, Louisiana 70471  
Phone: (985) 778-0571  
Toll Free: (866) 354-9334  
jlap@louisianajlap.com  
<https://louisianajlap.com>

### **Maine**

Maine Assistance Program for Lawyers and Judges (MAP)  
1-800-530-4627  
maineasstprog1@myfairpoint.net  
<http://www.me-lap.org>

### **Maryland**

Maryland State Bar Association Lawyer Assistance Program (MSBA LAP)  
1-888-388-5459  
<https://www.msba.org/the-maryland-lawyer-assistance-program/>

### **Massachusetts**

Lawyers Concerned for Lawyers (LCL)  
1 Milk Street – Suite 810  
Boston, MA 02109  
(617) 482-9600  
Judges Helpline 1-800-525-4344  
<https://www.lclma.org>

### **Michigan**

Lawyers & Judges Assistance Program (LJAP)  
306 Townsend St.  
Lansing, MI 48933-2012  
<https://www.michbar.org/generalinfo/ljap/home>

### **Minnesota**

Lawyers Concerned for Lawyers (LCL)  
651-646-5590 or 1-866-525-6466  
2550 University Avenue West Suite 313  
N St. Paul, MN 55114  
help@mnlcl.org  
<https://www.mnlcl.org>

Sand Creek may be called directly 24 hours each day:  
651-430-3383 or Toll-free: 1-888-243-5744

### **Mississippi**

Lawyers & Judges Assistance Program  
643 North State Street

Jackson, Mississippi 39202  
601-948-0989  
(toll-free) 1-800-593-9777  
Director's Direct Line:601-948-4475  
<https://www.msbar.org/programs-affiliates/lawyers-judges-assistance-program/>

### **Missouri**

Missouri Lawyers' Assistance Program (MOLAP)  
PO Box 119326  
Monroe Jefferson City, MO 65102-0119  
<http://www.mobar.org/molap/>

### **Montana**

Lawyer Assistance Program (LAP)  
24/7 hotline (406) 660-1181  
<https://www.montanabar.org/page/LAP>

### **Nebraska**

Nebraska Lawyers Assistance Program (NLAP)  
24/7 hotline (888) 584-6527  
<https://www.nebar.com/page/NLAP>

### **Nevada**

Nevada Lawyer Assistance Program (NLAP)  
3100 W. Charleston, Ste. 100  
Las Vegas, NV 89102  
<https://www.nvbar.org/member-services-3895/wellness/nlap/>

Lawyers Concerned for Lawyers (LCL)  
Toll Free: 866-828-0022

### **New Hampshire**

New Hampshire Lawyer Assistance Program (NHLAP)  
2 ½ Beacon Street, Suite 163  
Concord, NH 03301  
1-877-224-6060  
<https://www.lapnh.org>

### **New Jersey**

New Jersey Lawyers Assistance Program  
1 Constitution Square  
New Brunswick, NJ 08901  
800-246-5527  
<http://www.njlap.org>

### **New Mexico**

New Mexico Lawyers and Judges Assistance Program (NMJLAP)  
Confidential Helpline Assistance-- 24 Hours Every Day  
Judges: Call 888-502-1289  
Lawyers & law students: Call 505-228-1948 or 800-860-4914  
[https://www.nmbar.org/Nmstatebar/For\\_Members/Lawyers\\_Judges\\_Assistance/Lawyers\\_Judges\\_Assistance.aspx](https://www.nmbar.org/Nmstatebar/For_Members/Lawyers_Judges_Assistance/Lawyers_Judges_Assistance.aspx)

### **New York**

Lawyer Assistance Program (LAP)  
24/7 hotline (212) 302-5787  
<https://www.nycbar.org/serving-the-community/lawyer-assistance-program>

### **North Carolina**

North Carolina Lawyer Assistance Program (NCLAP)  
Charlotte Office  
312 Rensselaer Ave, Suite 100  
Charlotte, NC 28203  
(704) 503-9695  
(704) 910-2310  
<https://www.nclap.org>

Raleigh Office  
217 E. Edenton Street  
Raleigh, NC 27601  
(919) 719-9267

### **North Dakota**

North Dakota Lawyer Assistance Program (LAP)  
1661 Capital Way, Suite 104LL  
Bismarck, ND 58501  
701.255.1404  
NorthDakotaLAP@gmail.com  
[https://www.sband.org/page/lawyer\\_assist\\_prog](https://www.sband.org/page/lawyer_assist_prog)

### **Ohio**

Ohio Lawyers Assistance Program, Inc  
1650 Lake Shore Drive, #375  
Columbus, OH 43204  
800-348-4343  
614-586-0621  
<https://www.ohiolap.org>

### **Oklahoma**

1901 N. Lincoln Blvd.,  
Oklahoma City, OK 73105  
or PO Box 53036



Oklahoma City, OK, 73152  
24/7 hotline 800-364-7886  
oklahl@gmail.com  
<https://www.okbar.org/lhl/>

### **Oregon**

Oregon Attorney Assistance Program  
520 SW Yamhill Street, Ste. 1050  
Portland, OR 97204  
503-226-1057  
Toll-free 800-321-6227  
<https://oaap.org>

### **Pennsylvania**

Lawyers Concerned for Lawyers  
24/7 hotline 888-999-1941  
admin@lclpa.org  
<https://www.lclpa.org>

### **Rhode island**

Lawyers Helping Lawyers Committee  
41 Sharpe Drive  
Cranston, RI 02920  
<https://www.ribar.com/For%20Attorneys/LawyersHelpingLawyers.aspx>

### **South Carolina**

Lawyers Helping Lawyers  
tollfree (866) 545-9590  
<https://www.sctbar.org/lawyers/member-benefits-assistance/lawyers-helping-lawyers/>

### **South Dakota**

South Dakota Lawyers Assistance Program  
24/7 hotline 1-888-243-5744  
<http://www.statebarofsouthdakota.com/page/stress/depression/addiction-resources>

### **Tennessee**

Tennessee Lawyer Assistance Program  
615) 741-3238 or (877) 424-8527  
<http://www.tlap.org>  
Make a referral online: <http://www.tlap.org/forms/referral>

### **Texas**

Texas Lawyers' Assistance Program  
1-800-343-TLAP (8527)  
or text tlap to 555888  
<https://www.tlaphelps.org>

### **Utah**

Lawyers Helping Lawyers  
PO Box 4046  
Salt Lake City, Utah 84101  
Telephone (801) 793 – 8572  
Toll Free (800) 530 – 3743  
admin@lawyershelpinglawyers.org  
<https://www.utahbar.org/member-services/lawyershelpinglawyers/>

### **Vermont**

Vermont Lawyers Assistance Program  
800-525-0210 Boston LAP  
Vermont LAP 1-802-355-4352  
<http://www.lapvt.org>

### **Virginia**

Virginia Judges & Lawyers Assistance Program  
1015 E. Main St, Ground Floor  
Richmond, VA 23219  
804-644-3212  
1-877-545-4682  
info@vjlap.org  
<https://vjlap.org>

### **Washington**

Member Wellness Program  
206-727-8268  
24/7 WSBA Connects hotline: 800-765-0770  
wellness@wsba.org  
<http://wsba.org/for-legal-professionals/member-support/wellness>

### **West Virginia**

West Virginia Judicial & Lawyer Assistance Program (WVJLAP)  
2000 Deitrick Blvd  
Charleston, WV 25311  
(304) 553-7232  
<https://wvjlap.org>

### **Wisconsin**

Wisconsin Lawyers Assistance Program (WisLAP)  
<https://www.wisbar.org/forMembers/WisLAP/Pages/Lawyer-Assistance-Program.aspx>  
24/7 hotline 800-543-2625

### **Wyoming**

Wyoming Lawyer Assistance Program (WyLAP)

4124 Laramie Street

PO Box 109

Cheyenne, WY 82003

<https://www.wyomingbar.org/for-lawyers/lawyer-resources/lawyer-assistance-program/>

Wyoming Professional Assistance Program (WPAP)

307.472.1222

