

A woman with dark hair, wearing a dark blazer over a white collared shirt, is shown in profile, looking down. Her right hand is raised to her face, with fingers spread, covering her eyes and forehead. She appears to be in a state of stress, fatigue, or emotional distress. The background is a soft, out-of-focus blue and white.

*Since 1988, we have helped
over 5000 attorneys in need.*

We understand your concerns about privacy and confidentiality. LCL is equally sensitive about your career and your license.

We know it is hard to ask for help.
LCL discreetly provides resources, support
and information.

Your call to us and the help we provide is confidential. You incur no expense or any other obligation by calling LCL.

1-888-999-1941

Lawyers Concerned for Lawyers

*Lawyers Concerned for Lawyers
of Pennsylvania, Inc.
is a peer and professional based
lawyer assistance program established
by and for lawyers and judges.*



Call our free confidential Helpline
1-888-999-1941

**We are available 24 hours a day,
7 days a week, 365 days a year.**

For more information about
Lawyers Concerned for Lawyers,
visit us on the web.

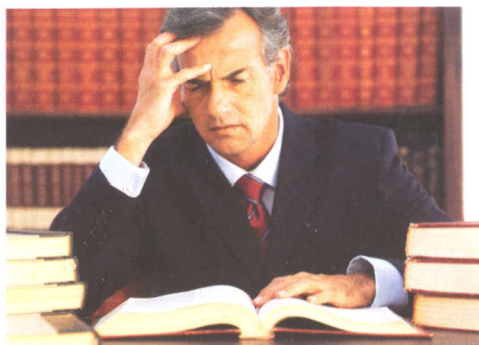
www.lclpa.org

YOU ARE NOT ALONE . . .



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Confidential Helpline
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DOES THIS SOUND FAMILIAR?

- Practicing law can be stressful. You never get caught up. You are **anxious, irritable, depressed** or **burned out**. You need a break but feel you can't take any time off.
- Perhaps you are **drinking more** than you used to or **taking drugs** in order to **relax**.
- You have **trouble sleeping** and use sleeping pills to fall asleep.
- You can't concentrate on work. You're missing deadlines, avoiding calls or forgetting meetings. You are **overwhelmed**.
- After practicing law for years **you wish you could quit**, but can't.
- Your personal life is falling apart and you feel you have **no one to confide in**.
- Your **finances are in disarray**—too much debt, uncontrolled spending or gambling.
- You **no longer enjoy** hobbies, other activities and friendships.
- Others **have expressed concern**. You wish they would mind their own business.

IT MAY NOT BE TEMPORARY!

At one time or another everyone feels stressed out, overwhelmed, anxious or depressed and dreams of making a new start.

If you feel this way frequently, you may be experiencing the symptoms of a debilitating but treatable illness.



Photo credit: Jim Abogast/Getty Images

DON'T SUFFER!

The time to seek help is NOW.

Careers have been ruined, families destroyed and lives lost because attorneys and judges believe they can or must deal with these problems on their own.

Alcoholism, depression, stress, anxiety and substance abuse are medical conditions which respond to effective and proven treatments. These are disabling illnesses not character flaws, weakness or lack of willpower even though we mistakenly identify them that way.

Emotional problems and addiction do not discriminate. Lawyers from large firms as well as solo practitioners struggle with these illnesses. Without help, attorneys will lose their licenses and possibly their lives. With help, good health and careers can be restored.

LCL CAN HELP

1-888-999-1941

- LCL offers a **free, confidential session** with a qualified healthcare professional who will listen to you and recommend customized help.
- **Volunteers** (lawyers and judges) who have had similar personal experiences understand your problems, fears, uncertainty and reluctance to seek help. LCL volunteers will listen to your story, make sense of your concerns and share how they have recovered.
- LCL also sponsors **recovery meetings** run by attorneys for attorneys.
- We will send you **free literature** on how to deal with stress, anxiety, depression, substance abuse, problem gambling and any other problems which beset lawyers.
- LCL also offers **intervention services** to educate a colleague or family member. LCL's years of experience in interventions are at your service.

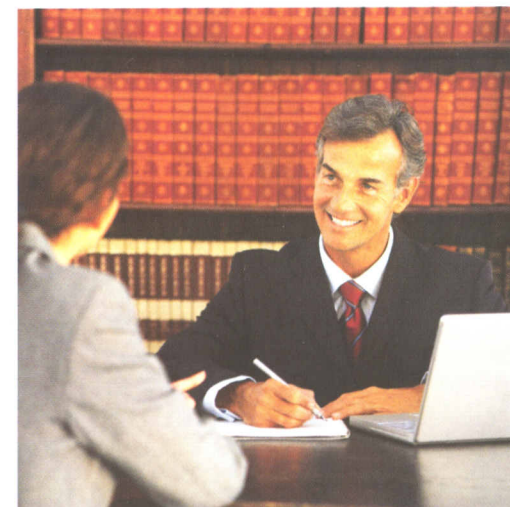


Photo credit: Stockbyte/Getty Images