



COVID-19 and Well-Being

The D.C. Bar Lawyer Assistance Program supports well-being in our profession including health and safety. LAP sessions and meetings will take place remotely until further notice. Contact LAP@dcbar.org for more information.

We recognize for many people the current coronavirus outbreak is impacting their mental health – particularly for those who struggle with anxiety. We offer these resources to help you manage this challenging time.

D.C. Bar Lawyer Assistance Program Services

Phone **202.347.3131**; Email LAP@dcbar.org; Twitter [@LAPCounselor](https://twitter.com/LAPCounselor)
Website <https://www.dcbar.org/bar-resources/lawyer-assistance-program/>

The LAP is a free and confidential service for D.C. Bar members, judges, and law students. We offer free, confidential help for anyone struggling with well-being, mental health or substance use issues. Our services include professional clinical assessments and referrals; short-term counseling; consultations with concerned others, such as employers or family members; peer support; and education.

ABA Commission on Lawyer Assistance Programs

A [directory](#) of lawyers assistance program by state. They also provide a [comprehensive compilation](#) of lawyer-specific practice and mental health resources

Centers for Disease Control and Prevention

The [CDC site](#) offers up-to-date information on the COVID-19 virus.

District of Columbia Department of Health

This [D.C. resource](#) is continually updated with recommendations and data.

Resources addressing COVID 19, Mental Health and Coping

ANXIETY

- [Crisis Text Line](#): To get free confidential, 24/7 support for anxiety, text “HOME” to 741741
- Science-based strategies for [coping with COVID-19 anxiety](#)
- Anxiety and Depression Association of America’s [resource page](#), updated daily
- Ten Percent Happier’s [Coronavirus Sanity Guide](#) offers meditations, podcasts, blog posts, and talks to help build resilience and find some calm amidst the chaos.
- [Tips for Coping with Coronavirus-Induced Anxiety](#) by Dr. Larry Richard

CHILDREN AND FAMILIES

- [Talking With Children](#): Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks
- Just For Kids: [A Comic Exploring the New Coronavirus](#)

GRIEF

- [“That Uncomfortable Coronavirus Feeling: It Could Be Grief”](#) – by Marnie Hunter about grief, guilt and the restoration of gratitude during the pandemic
- [When Hidden Grief Is Triggered During COVID-19 Confinement](#) – excellent article by renowned clinical psychologist Dr. Tian Dayton discussing how to use these days of the crisis to heal old wounds rather than re-enact them
- [That Discomfort You’re Feeling is Grief”](#) by Scott Berinato

LAW STUDENTS

- [Coping with COVID-19-related stress as a student](#) by the American Psychological Association
- [The National Jurist: Coronavirus Survival Guide](#)

OFFICE MANAGEMENT/LEADERSHIP

- [The Leader’s Guide to Managing COVID-19 Panic”](#) by Jan Bruce (Forbes magazine)

- [Shift Your Organization from Panic to Purpose](#) Harvard Business Review
- [A Virtual Structure for Law Firms: Guidelines for Containing Your Lawyers' Anxiety in the Age of COVID-19](#) – by Peter Lobl on Law.com.

PRODUCTIVITY AND WELL-BEING

- The connection between [anxiety and ethical choices](#) in the legal profession
- Here are [tips for working remotely](#) from Fast Company
- Free webinar: [“How to Stay Sane, Productive, and Healthy in Isolation: Wellness Strategies for Attorneys during the Pandemic”](#) by W. Meyerhofer, former big-law attorney and current licensed clinical social worker
- Harvard Law School Center on the Legal Profession March/April 2020 issue of [The Practice: Approaching Lawyer Well-Being](#) – includes articles on grappling with COVID-19 and others on operational and individual lawyer wellness

PANIC

- This article shares specifics about [mental health and panic](#) associated with COVID-19.

SOCIAL DISTANCING

- How to [Care for Your Mental Health](#) During the Coronavirus Lockdown
- [Coping mentally](#) with social distancing, isolation and quarantine (4 page flyer from SAMHSA)
- Free text service created for the lockdown, sends daily validating support to isolated trans people <https://www.validationstation.net/>

STAYING MENTALLY HEALTHY

- Challenges for [mental health and coping mechanisms](#) during COVID-19 outlined by the CDC
- Great [tips](#) for staying mentally healthy
- Find tips for [managing our mental health](#) in troubling times
- National Association for the Mentally Ill (NAMI) [Online Support Groups](#)
- Depression and Bipolar Support Alliance (DBSA) [Online Support Groups](#)
- Tips from [Mental Health First Aid Curriculum](#) so you can #BetheDifference care for yourself and your loved ones' mental health.

STRESS

- This article provides tips on managing your [stress levels in the office](#).

- [Coping With Stress](#) During Infectious Disease Outbreaks (4 page flyer from SAMHSA)
- [8 Ways to Train Your Mind to Succeed During Uncertain Times](#) by Oliver Isaacs
- [“If There Was Ever a Time to Activate Your Vagus Nerve, It Is Now”](#) - Four simple steps to return to a ‘rest and digest’ state, by Ashley Abramson - a fabulous introduction to polyvagal theory and how we can train our bodies to get out of fight or flight mode during this crisis
- [“How Lawyers Can Manage Stress and Cortisol Levels during the COVID-19 Crisis”](#)- by James Gray Robinson, ABA Journal April 22, 2020
- [Stress Management during COVID-19](#) – free video webinar by the Caron Foundation

SUBSTANCE USE RESOURCES

- AA: <http://aa-intergroup.org/directory.php>
- In the Rooms: <https://www.intherooms.com/home/covid-19-resources/>
- Alanon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- Smart Recovery: <https://www.smartrecovery.org/>
- SAMHSA - [Virtual Recovery Resources](#)
- Author Brian Cuban’s blog [“The Addicted Lawyer”](#) offers guidance and options for recovery meetings.
- Shatterproof: [Addiction resources](#) during the COVID-19 pandemic

SUICIDE

Free, confidential 24/7 support for people in distress, prevention and crisis resources for oneself and others Suicide Prevention Lifeline: 1-800-273-TALK; <https://suicidepreventionlifeline.org>

TELEHEALTH

If you are seeking support outside of the LAP, online therapy platforms can be a valuable resource.

TalkSpace <https://www.talkspace.com/>
 Better Help <https://www.betterhelp.com/>

You can also explore options provided by your health insurance as most are supporting telehealth in the midst of this national emergency.

Psychology Today, Find-A-Therapist Database
<https://www.psychologytoday.com/us>

If you know someone in the African American community with life-changing stressors and anxiety related to the coronavirus, Taraji P Henson’s [Boris Lawrence Henson Foundation](#) is offering up to five free virtual therapy sessions.

*Importance of seeking help for mental health and substance use disorders - [Fear Not: Speaking Out to End Stigma](#) .