

THE DELAWARE LAWYERS ASSISTANCE PROGRAM (DE-LAP)

For general information, or in the alternative, for local

Delaware information:

please call (302) 77-0124 or e-mail cwaldhauser@de-lap.org

DE-LAP has a limited number of licensed health-care professionals and Professional Guidance/Lawyers Assistance Volunteers that can listen and help. Remember, DE-LAP is free and confidential for all Delaware Lawyers and Judges.

Carol P. Waldhauser, Executive Director
The Delaware Lawyers Assistance Program (DE-LAP)
(302)777-0124 OR cwaldhauser@de-lap.org

MENTAL HEALTH RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

*Provided by ABA Commission on Lawyers Assistance Programs –
to find your lawyers assistance program, go to:*

https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/

ANXIETY

To get free confidential, 24/7 support for anxiety, text “HOME” to the Crisis Text Line which is 741741;

https://www.crisistextline.org/?gclid=EAIaIQobChMI_oirIKyf6AIVjlbACh2H7AzdEAAYASA AEgJhyfD_BwE

Science-based strategies for coping with Covid anxiety - <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

OFFICE MANAGEMENT/LEADERSHIP

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>

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>.

PANIC

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>

SOCIAL DISTANCING

Coping mentally with social distancing, isolation and quarantine (4 page flyer from SAMHSA)

<file:///C:/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/2020.taking%20care%20of%20yourself%20virus.pdf>

STAYING MENTALLY HEALTHY

Challenges for mental health and coping mechanisms during COVID-19 are outlined by the CDC at

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

Great tips for staying mentally healthy - <https://www.changedirection.org/staying-mentally-healthy-during-covid-19/>

Find tips for managing our mental health in troubling times - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

National Association for the Mentally Ill Online Support Groups -

<https://namimainlinepa.org/online-and-telephone-support-groups/?fbclid=IwAR0QZnWSDebKDTYZM6I1nhPA0G7xZKrJi3AJ-YK-NiZlGkQhRFksAoo1DiA>

Depression and Bipolar Support Alliance: <https://www.dbsalliance.org/.../chapte.../online-support-groups/>

STRESS

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

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

Coping with Stress (4 page flyer from SAMHSA)

<file:///C:/Users/User/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IBCZPPIH/Coping%20w%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf>

SUBSTANCE ABUSE RESOURCES

AA: <http://aa-intergroup.org/directory.php>

In the Rooms: https://www.intherooms.com/home/?fbclid=IwAR0jah6iT17ls-QFa_WQbz9d9I-bXv92Qgxt0RYOqIPyXhYVsrp2ngHKm-4

Alanon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Smart Recovery: https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/?fbclid=IwAR1WYJ_y_YKdYglurQ2r3L1MIaNAZ-ihdq6Lz6Mux-u8GGsTLDsdINUCWSk

Author Brian Cuban's blog "The Addicted Lawyer" offers guidance and options for recovery meetings. <http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>.

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

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>

Delaware Lawyers Assistance Program (DE-LAP) CALL 302-777-0124, or e-mail cwaldhauser@de-lap.or, FOR LOCAL MENTAL HEALTH PROFESSIONALS that are joining the DE-LAP independent team and volunteers that will listen.