

Wellness and Work/Life Balance Resources

Lawyers Concerned for Lawyers – Pennsylvania

- LCL Confidential Helpline - 888-999-1941
- LCL-PA Resources for the Legal Profession during COVID-19
<https://www.lclpa.org/wp-content/uploads/2020/07/LCL-PA-July-22-2020-COVID-Resources-Update-2.pdf>
- Self-Assessment Tools/Aids:
 - o ADHD, Alcohol Use, Drug Use, Anxiety, Bipolar Disorder, Depression, Eating Disorder, Gambling Addiction, Internet Addiction, PTSD, Sexual Addiction
<https://www.lclpa.org/self-assessment/>
- Stress, Distress & Time Management
<https://www.lclpa.org/wp-content/uploads/2019/02/Stress-Distress-and-Time-Management.pdf>
- Judges and Stress
<https://www.lclpa.org/wp-content/uploads/2019/05/Judges-and-Stress-2018-Update-2.pdf>

American Bar Association

- The Judges' Journal: Addiction and Recovery
https://www.americanbar.org/groups/judicial/publications/judges_journal/2018/winter
- Wellness, Mindfulness, Work-life Balance
https://www.americanbar.org/groups/lawyer_assistance/resources/lawyer_wellness/

American Addiction Centers, <https://americanaddictioncenters.org> subsidiary **Rehabs.com** for rehab resources by location:

- Addiction Treatment Resources for Judges and Court-appointed Officials
<https://www.rehabs.com/addiction-treatment-resources/judges-and-court-appointed-officials/>

SAMHSA - Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services

- SAMHSA's Confidential National Helpline – 1-800-662-HELP (4357)
<https://www.samhsa.gov>

UPMC – Behavioral and Mental Health Services

<https://www.upmc.com/services/behavioral-health>

AHN – Mental and Behavioral Health Services

<https://www.ahn.org/services/psychiatry-mental-health>