

# ARE YOU FEELING...

*Stressed?*

*Overwhelmed?*

*Anxious?*



LAWYERS CONCERNED FOR LAWYERS  
PENNSYLVANIA

We have been helping law students  
and attorneys in need since 1988.

Confidential Helpline  
1-888-999-1941



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## DOES THIS SOUND FAMILIAR?

- Law school is stressful. The **competition is intense** and the pressure is crushing you.
- You are **anxious, irritable or depressed** because you never feel caught up.
- You have **trouble sleeping** and use sleeping pills to fall asleep.
- You **can't concentrate** on assignments. You're missing deadlines and avoiding class.
- You feel **overwhelmed** with the demands of school.
- You **question** whether you want to be a lawyer.
- Your personal life is falling apart and you have **no one to confide in**.
- Law school debt is making you **anxious**.
- You **no longer enjoy** hobbies, other activities and friendships.
- You are **drinking more** than you used to or **taking drugs** in order to **relax**.
- Others **have expressed concern**. You wish they would mind their own business.

## STRESS, LAW SCHOOL AND LCL

At one time or another every law student feels stressed out, overwhelmed, anxious or depressed and questions whether they really want to be a lawyer.

Stress is synonymous with law school and can be the catalyst for your success by motivating you to work hard and study. This type of stress is good.

Too much stress, however, can be harmful. A demanding schedule, class or professor may trigger "bad" stress. It can interfere with your ability to concentrate and sometimes, it may lead to feeling anxious and overwhelmed. You may still be able to function, but you have lost the enthusiasm you once had.

Although this type of stress may be temporary, LCL can help you through the tough times by showing you how to manage your stress effectively.

**DON'T UNDERESTIMATE  
WHAT STRESS CAN DO**

Sometimes, stress leads to serious health problems. Some students may find themselves depressed. Others may seek relief through alcohol or drugs.

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

LCL can discreetly help if you find yourself struggling with anxiety, depression, alcohol, drugs or gambling.

**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 personalized help.
- **Law students and lawyers**, who have had similar problems. They will listen to you and understand your concerns.
- **Recovery meetings** run by attorneys for attorneys and law students.
- **Free literature** on how to deal with stress, anxiety, depression, substance abuse, problem gambling and other issues in your life.
- **Intervention Services** to assist another student who may have a problem.



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*The American Bar Association Commission on Lawyer Assistance Programs sponsors a confidential list serve for law students in recovery from anxiety, depression, substance abuse, etc.*

*If you want to communicate with other recovering law students throughout the U.S. and Canada, call the LCL Administrative Office: 1-800-335-2572*

**You are not alone.**



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**A WORD ABOUT CONFIDENTIALITY**

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

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 obligation by calling LCL.

**We can often help when others cannot.**

**1-888-999-1941**

**Lawyers Concerned for Lawyers**

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PENNSYLVANIA**

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



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**If you or someone you care about is in distress because of stress, anxiety, depression, alcohol, drugs, gambling or other emotional problems**

**LCL can help.**

**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](http://www.lclpa.org)**