

# LAP

## North Carolina Lawyer Assistance Program

**All Calls Confidential**



IF NOT FOR THE CONFIDENTIAL  
NATURE OF WHAT WE DO, YOU'D HEAR  
ABOUT SUCCESS STORIES ALL THE TIME

Lawyers are as vulnerable to personal and professional problems as anyone else. Competition, constant stress, long hours and high expectations can wear down even the most competent and energetic lawyer. This can lead to depression, stress, career problems, relationship issues, financial problems or alcohol and substance abuse.

If you have a personal or professional problem, we can help. Your Lawyer Assistance Program specializes in assisting only members of the legal profession.

We have been a valuable resource for thousands of lawyers, judge and law students for over 25 years.

***Confidentiality and highly professional service is our promise.***

If an issue in your life is beginning to cause problems, or if you know someone else confronting difficulties, we can be an important and confidential first step in turning a problem into an opportunity for positive change.

Your story will always be safe with us. Don't wait for a problem to become a bigger problem.

We're here for you.  
Visit [www.nclap.org](http://www.nclap.org)  
E-Mail: [info@nclap.org](mailto:info@nclap.org)  
We can help if you get in touch with us.

## **MENTAL HEALTH SELF-ASSESSMENT**



One out of five Americans will experience a major depression at least once during his or her lifetime. Has there been at least a two-week period of time in which you experienced either a depressed mood, or a general loss of interest or no pleasure?

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### **DEPRESSION**

**Are you:**

- ❖ Feeling sad, empty or irritable?
- ❖ Losing interest or pleasure in enjoyable activities?
- ❖ Experiencing changes in weight or appetite?
- ❖ Having difficulty sleeping or are you sleeping more?
- ❖ Increasingly restless or decreasingly active?
- ❖ Feeling more fatigued or less energized?
- ❖ Having difficulty concentrating, remembering or deciding?
- ❖ Feeling overwhelming guilt, hopelessness or worthlessness?
- ❖ Thinking of suicide?

If you answered yes to even a few of these questions, you may suffer from depression. Contact the LAP for more information.

**If you answered yes to the last question, you should seek help immediately, regardless of your answers to any other questions.**

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### **MISSION**

**Our mission is to help members of the legal community who suffer from alcohol or drug addictions, mental health disorders, chronic stress from work, family, school or other behavioral problems. Our goal is to assist in improving their lives and the delivery of justice.**

## **MENTAL HEALTH SELF-ASSESSMENT**



Has there been a distinct period of at least four consecutive days in which you felt excessively or unusually excited or irritable? This mood change may or may not have resulted in significant impairment in level of functioning.

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### **BIPOLAR Are You:**

- ❖ Experiencing an inflated sense of self worth?
- ❖ Needing significantly less sleep?
- ❖ Talking or needing to talk more than usual?
- ❖ Having racing thoughts?
- ❖ Having increasingly difficulty staying focused?
- ❖ Driven to take on activities?
- ❖ Engaged in spending sprees, ill-advised investing, or promiscuity?

Even a few yes answers could indicate a bipolar mood disorder. Contact the LAP for more information.

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### **ANXIETY Have You:**

- ❖ Had at least a six-month period of constant, exaggerated, worrisome thoughts and tension?
- ❖ Been trapped in distressful, consuming thought patterns or compulsive behaviors?  
Had nightmares, flashbacks, depressed feelings or irritability precipitated by a traumatic event?  
Become distracted or easily started?
- ❖ Had frequent, unexpected episodes of intense fear that strike often and without warning?
- ❖ Had chest pain, heart palpitations, shortness of breath, dizziness or abdominal distress?

**The National Institute of Mental Health advises that anxiety disorders are the most common form of mental illness. Some anxiety disorders left untreated can be debilitating. Treatment, however, is very successful.**

## ALCOHOL/DRUG SELF-ASSESSMENT



If, within a 12-month period, you experience any of the following symptoms, contact the LAP.

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### PERSONALLY Have You:

- ❖ Tried, but failed to maintain, control or stop using?  
Needed to use more to achieve the same effect, or have decreased effect from the same amount?
- ❖ Experienced withdrawal symptoms or used to relieve or avoid withdrawal symptoms?
- ❖ Driven a vehicle or operated a machine under the influence?  
Experienced a blackout?
- ❖ Continued to use despite problems from your use?



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### NO CONNECTION WITH DISCIPLINE

**The Lawyer Assistance Program (LAP) has absolutely no connection with the discipline function of the Bar, except in those cases referred to it by Grievance or DHC for monitoring. The LAP'S primary purpose is to assist judges and lawyers before they deteriorate to the point of receiving client complaints or otherwise become involved in the disciplinary process. Confidentiality is protected by Rule 1.6 of the Revised Rules of Professional Conduct.**

## OTHER ISSUES COMMON TO LAWYERS

**Eating Disorders:** Admitting that you have anorexia, bulimia or a problem with overeating is difficult. Risk factors include: Low self-esteem, troubled relationships and unrealistic expectations for achievement. There are many forms of treatment available. Visit [www.EDReferral.com](http://www.EDReferral.com) (Eating Disorder Referral and Information Center).

**Gambling:** Have you ever gambled to escape worry or trouble? Insecurity and the inability to accept reality often lead to gambling as a source of comfort. If you are concerned that gambling has affected your home life or finances, contact the North Carolina Council on Problem Gambling, Inc. 1-888-699-1767. Visit [www.ncpgambling.org](http://www.ncpgambling.org) for information.

**Sex Addiction:** Like other addictions, the sex addict experiences powerlessness over a compulsive behavior. Many addicts say their unhealthy behavior has been a progressive process. It may involve the Internet or personal contact. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship? Visit [www.sexaa.org](http://www.sexaa.org) for information.

**Post Traumatic Stress Disorder:** PTSD may develop after exposure to a traumatic event, and can arise in law school even after counseling or treatment. If you are experiencing persistent, frightening thoughts or feelings of detachment, visit the National Institute of Mental Health at: [www.nimh.nih.gov](http://www.nimh.nih.gov) for information.

### NORTH CAROLINA Lawyer Assistance Program

#### Toll Free Numbers

Don Carroll	800-720-7257	<a href="mailto:nclap@bellsouth.net">nclap@bellsouth.net</a>
Ed Ward	800-627-3743	<a href="mailto:eward@ncbar.com">eward@ncbar.com</a>
Towanda Garner	877-570-0991	<a href="mailto:tgarner@ncbar.com">tgarner@ncbar.com</a>

[www.nclap.org](http://www.nclap.org)

**E-MAIL:** [info@nclap.org](mailto:info@nclap.org)

**Alcohol/Other Drugs  
Depression, Anxiety, Other Mental Health Disorders  
Marriage & Family  
Financial – Stress – Work**

**Call now for yourself  
Or someone you care about!**

**Get free, confidential advice about a personal problem before it goes public!**

**LAWYER ASSISTANCE PROGRAM**



**Toll Free Numbers**

Don Carroll	800-720-7257	nclap@bellsouth.net
Ed Ward	800-627-3743	eward@ncbar.com
Towanda Garner	877-570-0991	tgarner@ncbar.com

[www.nclap.org](http://www.nclap.org)

**E-MAIL:** [info@nclap.org](mailto:info@nclap.org)

**Assessment for Lawyers  
Health Disorders  
And  
Alcohol/Drug Abuse**

Disorders may coexist

Absence or presence of willpower does not cause  
and cannot cure these disorders

Time and denial are your problem's best friends  
Treatment works  
Help is available now  
Call now for free confidential help

**There is help and there is hope!**