



## LAWYER ASSISTANCE PROGRAM

EILEEN TRAVIS  
DIRECTOR  
Phone: (212) 302-5787  
Fax: (212) 382-6769  
etravis@nycbar.org

### **“STRATEGIES FOR WELL-BEING AND ETHICAL PRACTICE”**

**Lawyer Well-Being is defined as a continuous process in which lawyers strive for balance in each area of their lives: occupational, social, physical, emotional, intellectual, and spiritual.**

**The stress that is inevitable in lawyer’s lives can present positive challenges that can result in mastery and accomplishment. However, chronic stress can put a lawyer at greater risk for mental health, alcohol and/or substance use disorders. Conversely, depression, anxiety, alcohol and or drug use disorders that are not addressed can contribute to chronic stress.**

**Problems that effect well-being and impair an attorney’s ability to function optimally are often associated with ethical dilemmas.**

**The goals of this presentation are:**

- **To discuss the high incidence of mental health, alcohol and substance use disorders in the legal profession**
- **To discuss the rationale for why lawyers are at high risk for developing problems**
- **To identify significant signs and symptoms**
- **To demonstrate the correlation between these issues and problems fulfilling ethical obligations**
- **To offer a personal account of addiction and recovery**
- **To provide resources to access help and support**

**CONFIDENTIAL HELPLINE: (212) 302-5787**