

Lawyers in Distress

Presentation Notes

## **IMPORTANT TELEPHONE NUMBERS**

### **NC Lawyers Assistance Program**

Chapel Hill- Durham-Raleigh and points East: Nicole Ellington 919-719-9267

West of Chapel Hill: Cathy Killian 704-910-2310

**NC Bar Cares** 919-929-1227 or 1-800-610-0735

**National Suicide Prevention Helpline** 1-800-273-8255

[https://www.abajournal.com/magazine/article/attorney\\_suicide\\_what\\_every\\_lawyer\\_needs\\_to\\_know](https://www.abajournal.com/magazine/article/attorney_suicide_what_every_lawyer_needs_to_know)

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/suicide/](https://www.americanbar.org/groups/lawyer_assistance/resources/suicide/)

Additionally, the [National Suicide Prevention Helpline](#) recommends the following when someone is threatening suicide:

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

<https://www.prainc.com/lawyers-and-suicide/>

<https://www.nclap.org/depression-suicide/>

A judge's problems and distress, however, are more likely to go unnoticed and untreated for longer because of the very nature of a judge's role in the legal system.

- The sheer volume of distressing material judges encounter on a daily basis.
- Judges work in isolation, unable to debrief distressing material.
- Colleagues and associates may be hesitant to express concern because judges hold a position of power.
- Judges may be reluctant to seek help because they hold visible, public positions and the fear that asking for help will negatively impact their status and reputation or chance of re-election.

<https://www.nclap.org/wp-content/uploads/2016/04/Whats-All-the-Buzz-About.pdf>

<https://www.ncbar.org/members/resources/barcares/>

<https://www.nclap.org/continuing-legal-education-cle/>

This is the Lawyer Assistance Program continuing education page. Scroll down a bit and you will find a new video about suicide prevention.