



**Are you getting overwhelmed by everyday life?**

**Are you tired of feeling stuck?**

## **1 in 3 Lawyers Suffer from Depression**

*Depression is a mental illness that can be costly and debilitating to its sufferers. Depression can adversely affect the course and outcome of common chronic conditions, such as arthritis, asthma, cardiovascular disease, cancer, diabetes, and obesity. Depression also can result in increased work absenteeism, short-term disability, and decreased productivity.*

The Kentucky Lawyers Assistance Program (KYLAP) is pleased to announce that Bradford Health Services and The InnerView Counseling & Consultation of Louisville will begin offering a support/counseling group for Lawyers with Depression beginning **Monday, October 22, 2012**. The group will service Kentucky law students, lawyers, and judges who suffer with symptoms of depression or related issues.

They will meet weekly from 6:00-7:30 p.m., at The InnerView, located at 4229 Bardstown Road, Suite 311, Louisville, Kentucky, 40218, and will be led by certified mental health professionals. The weekly cost is \$40 per person. Insurance can be filed for possible reimbursement but is not required to participate. Those who wish to pay privately may do so.

*A mental health assessment is required for participation.* Assessments may be provided by your health care provider, or may be performed by the professionals at The InnerView. Lawyers from around the state are invited to participate in this wellness opportunity. Participation in this group is confidential.

If you have any questions please contact Kathy at the InnerView office at (502) 499-8010 or by e-mail at [kathy@inner-view.us](mailto:kathy@inner-view.us).