

How can KYLAP Help?

Among the services KYLAP can offer the Individual in need are:

Assessment and Referral: A trained member of the KYLAP staff will meet with the affected attorney, to discuss the problem and recommend available treatment and rehabilitation options.

Interventions: In appropriate situations, a member of the KYLAP staff may make arrangements for, and participate in, a formal intervention to assist an impaired attorney.

Peer Support Network: The affected attorneys may be paired with a recovering lawyer in their area to act as a mentor and assist with their recovery.

Education and Prevention: KYLAP works with law firms, the courts and bar associations to provide training and education concerning attorney impairment and recovery. In addition, KYLAP makes regular presentations at Kentucky's law schools regarding impairments and the bar admission process.

Structured Rehabilitation Program: In cases involving attorney discipline or admissions problems, KYLAP will implement a structured rehabilitation program to document a participant's recovery. If the individual chooses, this documentation may be taken into consideration by the KBA, the Office of Bar Admissions and/or the Kentucky Supreme Court when determining discipline or recommendations for admission or re-admission.

Recovery Group Meetings: KYLAP facilitates open 12-step recovery meetings in Louisville, Lexington and Erlanger each week. Check our website at www.kylap.org for dates and times.

Students with Bar Application Issues: All applicants seeking admission to the Kentucky Bar are expected to fully disclose any physical or psychological issue that may impair his or her ability to practice law. KYLAP is available to discuss any law student's or applicant's situation in a confidential setting prior to submission of the Bar Application. In addition, when appropriate, KYLAP can implement a structured rehabilitation program for each individual that documents his or her efforts to address the issues in question.

The Kentucky Lawyer Assistance Program (KYLAP)

KYLAP is a program of the Kentucky Bar Association (KBA) that offers help to members of the Kentucky legal community (including law students) who are struggling with mental health issues, such as depression, alcohol and drug abuse, stress, compulsive gambling or any other condition that may adversely impact the individual's personal or professional life. KYLAP contact is confidential and there are no fees for services.

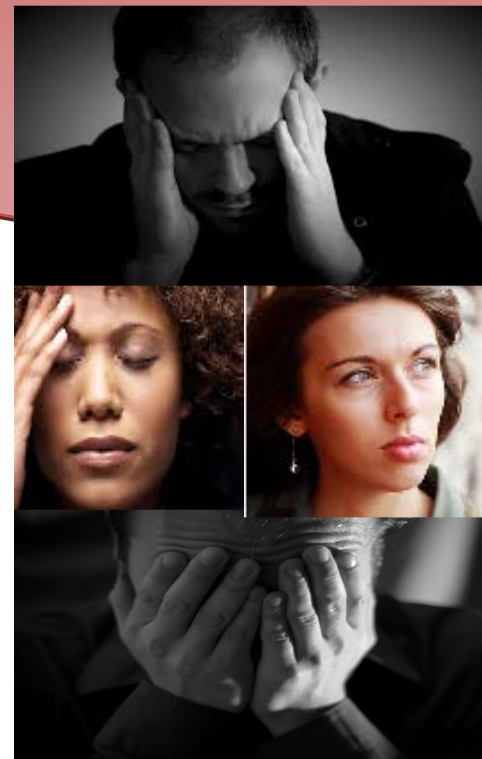
Referrals to KYLAP may be made by the individual in need or anyone concerned about an impaired attorney, judge or law student. It is a safe place to turn for confidential assistance.

The bedrock of KYLAP is a network of volunteer counselors. Most of KYLAP's volunteers are members of the legal community and many have recovered from alcoholism, drug addiction and/or mental disease or disorders. KYLAP, its staff, and the volunteers stand ready to assist their colleagues in all facets of recovery.

**All calls to KYLAP are strictly confidential.
SCR 3.990**

Kentucky
Lawyer Assistance Program
P.O. Box 1437
Frankfort, KY 40602
(502) 564-3795 ext. 266
Director's Cell: (859) 221-0806
Fax (866) 364-7254
www.kylap.org

Depression has many faces



KYLAP

Kentucky Lawyer Assistance
Program

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For life's problems,
confidential help is available at
(502) 564-3795 Ext: 266

Too often people don't get help for their depression because they don't recognize the symptoms, struggle to ask for help, blame themselves or don't know that treatment is available and effective. Help is available through KYLAP by calling (502) 564-3795.

Depression is...

An illness: Just like diabetes or high blood pressure. Depression is not a character flaw.

Common: One out of ten adults experience depression, the rate is higher for legal professionals.

Insidious: People are often unaware that what they are experiencing is depression.

Ignored: 75 percent of those with depression never seek treatment and suffer needlessly.

Treatable: More than 80 percent of those seeking help find relief.

According to a Johns Hopkins University study, attorneys suffer from depression and suicide at a much higher rate than the general population.

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Signs and Symptoms of Depression

- Persistent sadness or apathy, crying, anxiety
- Feelings of emptiness, helplessness and hopelessness, worthlessness or guilt
- Loss of interest or pleasure in usual activities
- Trouble concentrating or remembering things
- Marked increase or decrease in sleep and appetite
- Fatigue or loss of energy
- Recurrent thoughts about death or suicide

Depression is Treatable

- Early treatment can make a positive difference
- A combination of therapy and medication has been shown to be effective in decreasing depression
- Mindfulness meditation is growing in frequency as an effective measure to treat depression
- Seek confidential help through your doctor, a therapist or the Kentucky Lawyers Assistance Program.

Suicide Warning Signs

- Verbal threats or comments such as "You'd be better off without me" or "Maybe I won't be around"
- Direct threats to do harm to self- such as "I will just kill myself"
- Depression
- Expressions of hopelessness and/or helplessness
- Personality change (withdrawal, aggression, moodiness)
- Giving away life's possessions, getting one's life in order
- Lack of interest in the future
- Previous suicide attempts

Suicide Can Be Prevented

In the majority of cases, suicide is a tragic result from a common and treatable mental illness and/or substance abuse disorder

If you are concerned about someone:

- Ask the person if they are thinking about hurting or killing themselves; ask about suicide.
- Convince them to see help, agree to take them to help or call for help immediately.

If you are considering hurting yourself or considering suicide:

- Tell someone.
- Call 911 emergency services.
- Go to the nearest hospital emergency room.
- Call the National Suicide Crisis Line at 1-800-273-TALK (8255).
- **Call KYLAP at (502) 564-3795 .**