



## COVID-19 and Well-Being

New Hampshire Lawyers Assistance supports well-being in our profession including health and safety. NHLAP groups and meetings will take place remotely until further notice. Contact [t.harrington@lapnh.org](mailto:t.harrington@lapnh.org) for dial-in information.

We recognize that collateral effects can impact our mental health. We offer these resources as examples to help you understand and manage potential challenges.

### *Necessary Emergent Information*

#### *NHLAP*

603-491-0282; 877-224-6060 (toll-free) [www.lapnh.org](http://www.lapnh.org);  
<https://www.instagram.com/nhlawyersassistance/>;  
<https://www.linkedin.com/company/11825269/admin/>; <https://twitter.com/LAPNH>.

New Hampshire Lawyers Assistance Program for all New Hampshire lawyers, judges, law students. We offer free, confidential help with addictions, mental health disorders, chronic stress, and personal and career-related issues. Our services include professional clinical referrals; interventions; peer support groups; one-one non-clinical support and monitoring; volunteer referral; and education.

#### *Centers for Disease Control and Prevention*

The CDC site is likely to offer the most up to date information on the COVID-19 virus (<https://www.cdc.gov/>). See links to articles “Mental Health and Coping During COVID-19” and “Stigma and Resilience.”

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>

#### *New Hampshire Department of Health*

This local New Hampshire resource is continually updated with recommendations and data.

<https://www.nh.gov/covid19/>

New Hampshire Judicial Branch <https://www.courts.state.nh.us/>

All Judicial Branch responses to the COVID-19 pandemic can be found on the COVID-19 Update and Resource page. <https://www.courts.state.nh.us/aoc/corona-covid-19.html>

### **Summary of Resources Discussing COVID 19**

**Understanding COVID-19 and the Pandemic Designation** This blog post explains in non-medical jargon the whys of the **pandemic designation** and essential medical information for everyone to understand.

<https://www.howardluksmd.com/sports-medicine/covid-19-update-3-14-2020-concerned-physicians-unite/>

### **Professional Functioning**

This article discusses **organizational leadership and managing COVID-19 panic**.

<https://www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea>

Here are **tips for working remotely** from Fast Company:

<https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak>.

This article provides tips on **managing stress levels in the office**.

<https://www.abajournal.com/news/article/how-do-you-reduce-stress>

### **Mental Health**

This article shares specifics about **mental health and panic associated with COVID-19**.

<https://www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html>

This article, published by the American Foundation for Suicide Prevention, reminds us that our mental health can suffer when we lose our sense of control. Find tips **for managing our mental health in troubling times**. <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

This article discusses the **connection between anxiety and ethical choices**.

[http://www.psychology.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+Psychology+%28Psychology%29](http://www.psychology.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psychology+%28Psychology%29)

Video Resource: *Fear Not: Speaking Out to End Stigma*. Its important to seek help for mental health and substance misuse when you need it.

[https://www.americanbar.org/groups/lawyer\\_assistance/profession\\_wide\\_anti\\_stigma\\_campaign/](https://www.americanbar.org/groups/lawyer_assistance/profession_wide_anti_stigma_campaign/)

Video Resource: *Erasing the Stigma*. 11 (very Short) videos dedicated to ending the stigma of mental illness. Stories of Hope and Inspiration. Proof of the power of sharing our stories.

<http://erasingthestigma.org/video/>

Lawyers Depression Project: Online peers support for legal professionals

<https://www.lawyersdepressionproject.org/>

## **Recovery**

AA Online Meeting Directory <http://aa-intergroup.org/directory.php>

Al-Anon [http://12stepforums.net/alanon\\_family\\_group\\_online\\_meeting.html](http://12stepforums.net/alanon_family_group_online_meeting.html)

In the Rooms: An Online Addiction Recovery Community AA, NA, Dual Diagnosis, SAA (Sex Addiction), CPA (Chronic Pain) <http://intherooms.com>

NA Online Meetings <http://na-recovery.org/>

Recovery Dharma “Healing From Addiction with Buddhist Practice”

<http://recoverydharma.online/>

Smart Recovery <https://smartrecovery.org/smart-recovery-toolbox/smart-recoveryonline/>

Author Brian Cuban’s blog “The Addicted Lawyer” offers **guidance and options for recovery meetings** including *In the Rooms*, an on-line recovery meeting resource.

<http://briancuban.com/blog/responsible-recovery-in-pandemic-times/>. Isolation can be an issue for many when events are cancelled, and human connections are lost. Brian addresses this at

<http://briancuban.com/blog/dealing-with-social-isolation/>.

## **Misc.**

What to do to keep busy. <https://www.refinery29.com/en-us/2020/03/9552059/things-to-do-at-home-during-coronavirus-activities>

12 Virtual Museum Tours. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Escape with Humor. <https://www.vulture.com/2020/03/the-funniest-coronavirus-jokes.html>