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 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**


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.”


**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/


**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.  

**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:  

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

**Mental Health**

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

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.  

This article discusses the connection between anxiety and ethical choices.  
Video Resource: **Fear Not: Speaking Out to End Stigma.** It’s 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.  

Lawyers Depression Project: Online peers support for legal professionals  
[https://www.lawyersdepressionproject.org/](https://www.lawyersdepressionproject.org/)

**Recovery**

AA Online Meeting Directory  

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](http://intherooms.com)

NA Online Meetings  
[http://na-recovery.org/](http://na-recovery.org/)

Recovery Dharma “Healing From Addiction with Buddhist Practice”  
[http://recoverydharma.online/](http://recoverydharma.online/)

Smart Recovery  
[https://smartrecovery.org/smart-recovery-toolbox/smart-recoveryonline/](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/](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  

**Misc.**

What to do to keep busy.  

12 Virtual Museum Tours.  

Escape with Humor.  