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Resource for Help, Resources
& Education since 2007

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APRIL 2020 Newsletter

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Volume III | Issue IV | New Hampshire Lawyers Assistance Program

WWW.NHLAP.ORG

NHLAP PEER SUPPORT

We have TWO separate peer support meetings for NH Judges,
Lawyers and Law Students now up and running!

NH LAWYERS CONCERNED FOR LAWYERS
VIRTUAL: Thursday, April 9

NHLAP DEPRESSION & ANXIETY PEER SUPPORT
Virtual Wednesday, April 15

SEE INSIDE FLYERS FOR DETAILS!

Inside This Issue

Pg. 2 Covid-19 Update & Resources

Pg. 3,4 Virtual Peer Support

Pg. 5 Quick Tip: Laugh

Pg. 6 FREE May 26 CLE

COVID-19 UPDATE

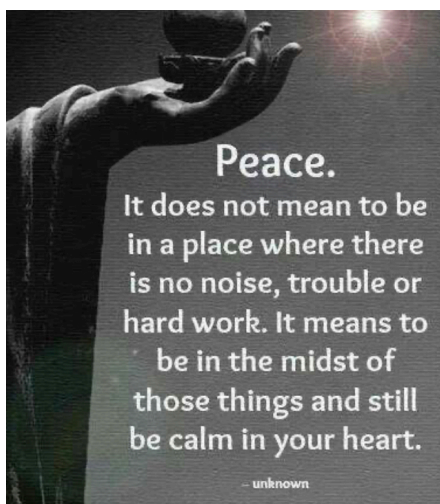
We are living through an unprecedented time in human history. The barrage of disturbing news, major disruption to the everyday way of life, self-isolation, fear and uncertainty all feels unrelenting. It is perfectly normal to feel overwhelmed and anxious during this time. There are hundreds of available free resources to help you navigate these difficult times ranging from accurate news information, mental health support and ideas to keep both your mind and social needs engaged in a positive, healthy manner. NHLAP is still available to help. We can provide resource information, referrals for virtual assessments and counseling as well as simple ear to anyone who wants to talk. The best things to do right now is work as much as possible from home, use common sense precautions when venturing out, stay connected with those that lift you up and turn off the news and social media as much as possible. Even if we are not physically together, we are still all in this together.

Sending all NH judges, lawyers and law students light, positivity and strength to get through this trying time with grace and compassion.

Terri M. Harrington, Esq.

Executive Director

New Hampshire Lawyers Assistance Program



COVID-19 RESOURCES:

Helping Cut Through the Noise with Resources That Are Worth Your Time and Attention

[How Not to Get Infected](#) by Dr. David Price, Weill Cornell Medical Center. Dr. Price shares crucial information gleaned from 3 months on battling Covid-19 on the front lines in a NYC hospital.

[Watch More](#)

[Understanding Your Pandemic- Related Emotions](#): "That Discomfort You are Feeling is Grief." Scott Berinato, *Harvard Business Review*, 3/23/2020

[Read More](#)

[Having Trouble Sleeping?](#) Why Anxiety Makes Sleep Worse and 3 Things to Do (Corona Virus Update #8) by Dr. Jud Brewer. Understand how anxiety impacts your sleep and how to improve it during this current crisis.

[Watch More](#)

["What's Inside the Senate's \\$2 Trillion Coronavirus Aid Package"](#) by Kelley Snell, National Public Radio (NPR), 3/26/2020.

[Read More](#)

[Eligibility for Economic Injury Disaster](#)


[Loan](#) U.S. Small Business Administration

[Apply Here](#)

[NH Governor Chris Sununu's Emergency Orders Related to Covid-19](#). All orders to date, chronological, with links to full written text.


[Read More](#)

▶ OPEN TO ALL NH LAWYERS,
JUDGES AND LAW STUDENTS



**LAWYERS
CONCERNED
FOR LAWYERS**

LCL NEW HAMPSHIRE



**VIRTUAL LCL APRIL
MEETING**
THU, APR 9, 2020
6:00 PM • 7:30 PM

PLEASE JOIN USING YOUR COMPUTER, TABLET OR SMARTPHONE

<https://www.getonmeet.me/TerriHarrington/virtual-lcl-april-meeting>

YOU CAN ALSO DIAL IN USING YOUR PHONE. (FOR
SUPPORTED DEVICES, DIAL NUMBER BELOW
TO JOIN INSTANTLY.)

US: + 1 (669) 224-3412
ACCESS CODE: 203-203-005

NEW TO GOTOMEETING? GET THE APP NOW AND BE READY
WHEN YOUR FIRST MEETING STARTS:
<https://global.getonmeeting.com>

I AM NOT DEFINED
BY MY **RELAPSES**,
BUT BY MY
DECISION TO
REMAIN IN
RECOVERY
DESPITE THEM

RECOVERYEXPERTS.COM

**THERE IS NO PLACE
FOR SHAME HERE,
ONLY SUPPORT.**

On-Line Recovery Resources:

[AA ONLINE DIRECTORY](#)

[AL-ANON Online](#)

[NA Online](#)

[SMART RECOVERY Online](#)



NHLAP DEPRESSION AND ANXIETY VIRTUAL PEER SUPPORT

**WED, APR 15, 2020
6:00 PM - 7:00 PM (EDT)**

<https://www.gotomeet.me/TerriHarrington/virtual-depressionanxiety-april-peer-support-group>

YOU CAN ALSO DIAL IN USING YOUR PHONE.
(FOR SUPPORTED DEVICES,
DIAL THE NUMBER BELOW.)

UNITED STATES: +1 (312) 757-3121
ACCESS CODE: 621-740-069

NEW TO GOTOMEETING? DOWNLOAD ON YOUR COMPUTER
OR GET THE APP NOW AND BE READY WHEN
YOUR FIRST MEETING STARTS:
<https://www.gotomeeting.com/>

100% CONFIDENTIAL

OPEN TO ALL MEMBERS OF THE NH BAR:
JUDGES, LAWYERS AND LAW STUDENTS
WHO ARE DEALING WITH OR HAVE
QUESTIONS ABOUT ANXIETY, DEPRESSION
OR OTHER MENTAL HEALTH ISSUES.

Please remember that the diagnosis and treatment of depression and anxiety and other mental health issues requires trained medical professionals. We are peer support only. It should NOT be used as a substitute for seeking professional care for the diagnosis and treatment of any mental/psychiatric disorders.

The Lawyers Depression Project (LDP), a group of attorneys who themselves suffer from depression, have launched a grassroots project aimed at addressing depression and other mental health issues in the legal profession. The group hosts a confidential forum at

www.knowtime.com and weekly online peer-to-peer support group meetings, offering members the option of anonymity. To participate, members need only share emergency contact information with the group's founders (Joseph Milowic III & Aaron Kaufman, both attorneys who suffer from depression) to receive an anonymous knowtime email address for use with group meetings and to participate in the group's web forum. For more information, please contact Joe@knowtime.com

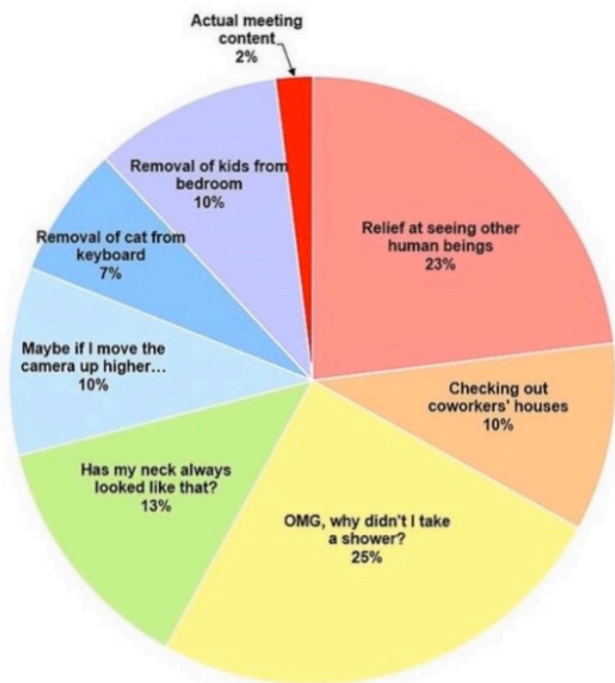


THE EXECUTIVE DIRECTOR'S CORNER

TERRI M. HARRINGTON, ESQ.
EXECUTIVE DIRECTOR NHLAP

For Laughs

Diagram of Zoom Meeting Attention Span



DIVORCE LAWYERS WAITING FOR
PEOPLE TO BE QUARANTINED
WITH THEIR SPOUSE FOR WEEKS



QUICK TIP

LAUGH

In times of crisis it is so easy to be overwhelmed with seriousness. Laughter releases feel good hormones, endorphins and dopamine, which allow us to immediately feel relief from stress.



Watch or listen to a stand-up video of your favorite comedian

What your favorite raunchy or slapstick movie

Play a silly prank on someone with which you are isolating

Play a game like Pictionary, Cards Against Humanity or Heads-Up

Laugh out loud every day.

***This CLE may be rescheduled pending further order
of the Governor after May 9, 2020***

RESILIENCE: NAVIGATING LIFE & LEGAL PRACTICE

**Presented by NEW HAMPSHIRE LAWYERS ASSISTANCE
PROGRAM**

WHEN

**TUESDAY, MAY 26
6PM – 8PM**

WHERE

3S ARTSPACE

319 VAUGHAN ST, PORTSMOUTH

FEATURING

JAY SCHADLER •

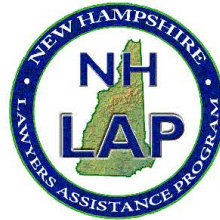
**“Navigating Life’s Transitions:
A Traveler’s Tale”**

TWO-TIME EMMY AWARD-WINNING JOURNALIST

FEATURED ON ABC NEWS, 20/20, GOOD MORNING AMERICA & NIGHTLINE

*“Jay has the eyes of a journalist and the heart of a
storyteller.” - Oprah Winfrey*

**FOLLOWED BY PANEL DISCUSSION AND
LIGHT REFRESHMENTS**



**FREE CLE:
1 HOUR OF
ETHICS**

RSVP REQUIRED

SPACE IS LIMITED

T.HARRINGTON@LAPNH.ORG

PANELISTS:

HON. JAMES LEARY

**Chair, NHLAP Commission
Circuit Court Judge**

**TERRI HARRINGTON,
ESQ.**

Executive Director NHLAP

SALLY GARHART, M.D.

**Executive Director
NH Professionals Health
Program**

DR. LEONARD KORN

**NH Psychiatrist with
Specialties in Neurology and
Psychiatry**