

## Resources Specific to the Legal Industry

American Bar Association Mental Health Resources

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/covid-19--mental-health-resources/](https://www.americanbar.org/groups/lawyer_assistance/resources/covid-19--mental-health-resources/)

Directory of Lawyer Assistance Programs. Lawyer Assistance Programs (LAPs)

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/lap\\_programs\\_by\\_state/](https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/)

Directory of Lawyer Assistance Programs, Lawyer Assistance Programs (LAPS) throughout the country provide confidential services and support to judges, lawyers and law students who are facing mental health or substance use issues.

Lawyers Depression Project

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

The Lawyers Depression Project is an online peer-to-peer support group the legal professionals.

Mindfulness in Law Society

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

The mission of the Mindfulness in Law Society (MILS) is to enhance well-being in the legal profession by educating it about the benefits of mindfulness meditation, yoga and other contemplative services.

Institute for Well-Being in Law

<https://lawyerwellbeing.net/>

Institute for Well-Being in Law (IWIL) is dedicated to the betterment of the legal professional by focusing on a holistic approach to well-being. Through advocacy, research, education, technical and resource support and stakeholders' partnerships, we are driven to lead a culture shift in law to establish health and well-being as core centerpieces of professional success.