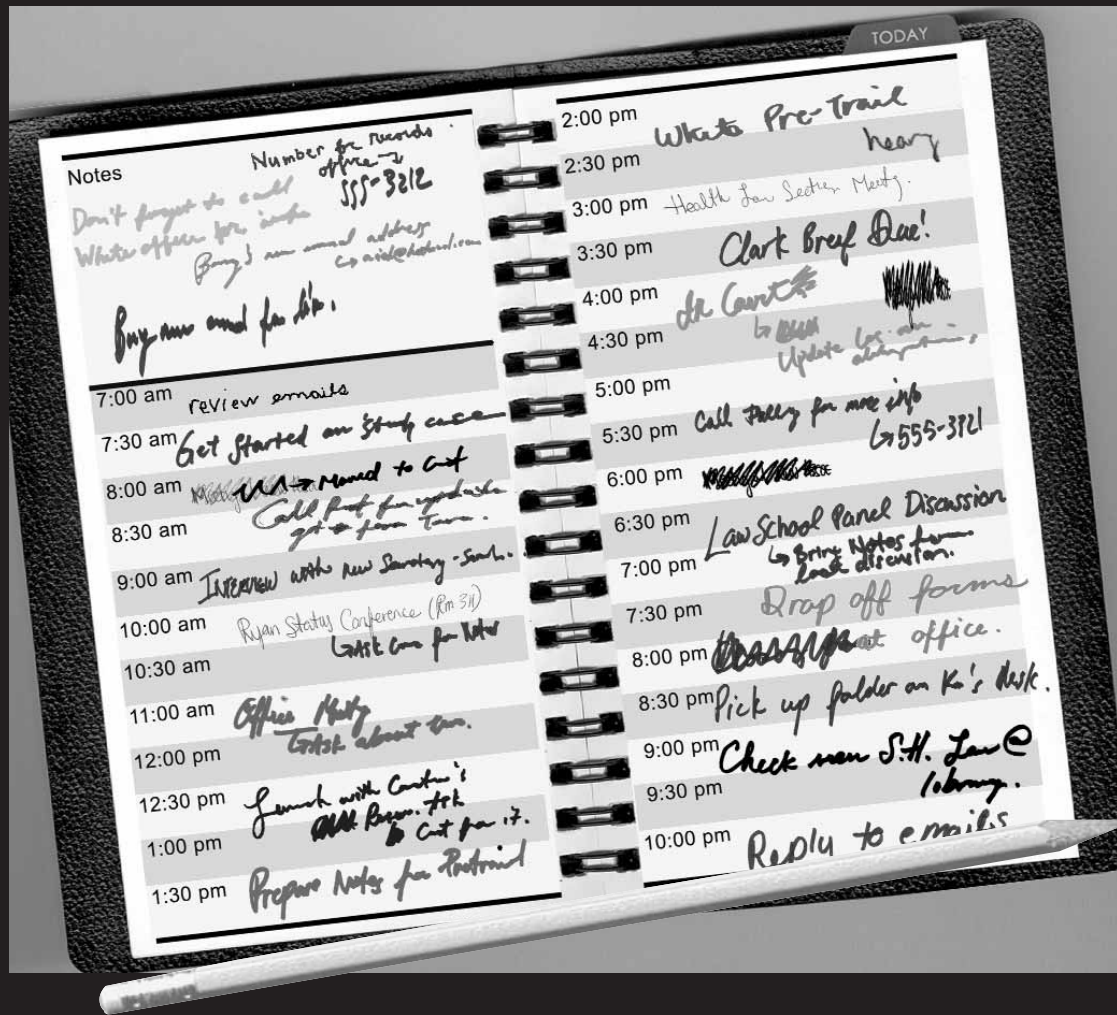


Pencil yourself in.



Where do you fit into this schedule? The New York State Bar Association's Lawyer Assistance Program understands the competition, constant stress, and high expectations you face as a member of the legal community. Dealing with these demands and other issues can be overwhelming, which can lead to substance abuse and depression. Finding a balance between your career and your personal life is not a luxury, but a necessity. NYSBA's Lawyer Assistance Program is committed to helping you achieve that balance. We offer free and confidential support. Confidentiality is protected under Section 499 of the Judiciary Law.



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