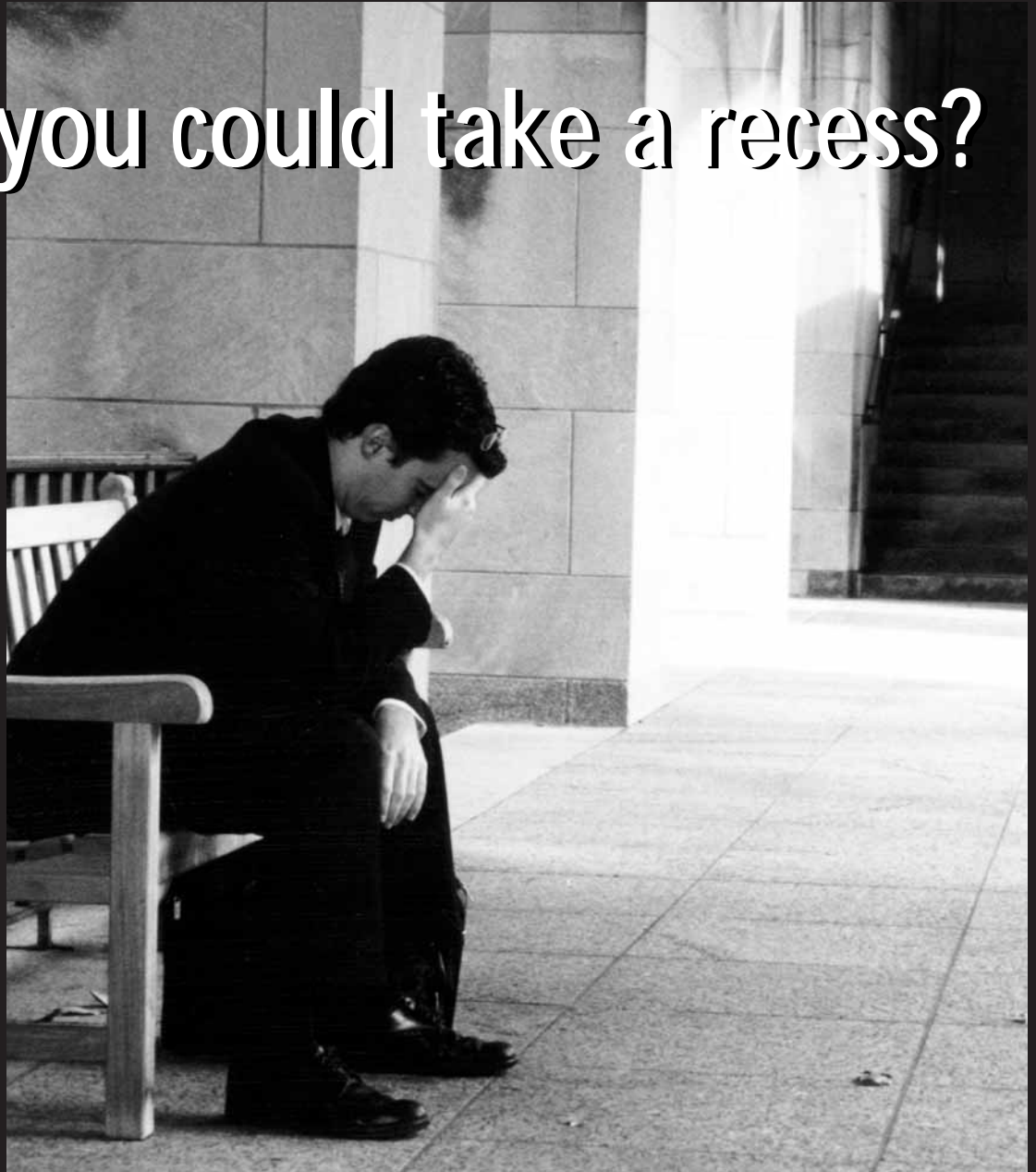


# Wish you could take a recess?



If you are doubting your decision to join the legal profession, the New York State Bar Association's Lawyer Assistance Program can help. We understand the competition, constant stress, and high expectations you face as a lawyer. Dealing with these demands and other issues can be overwhelming, which can lead to substance abuse and depression.

NYSBA's Lawyer Assistance Program offers free and confidential support because sometimes the most difficult trials happen outside the court. All LAP services are confidential and protected under Section 499 of the Judiciary Law.



NEW YORK STATE BAR ASSOCIATION  
LAWYER ASSISTANCE PROGRAM  
1.800.255.0569 [lap@nysba.org](mailto:lap@nysba.org)