

WELL-BEING RESOURCES FOR NEW ADMITTEES



INDIANA STATE
BAR ASSOCIATION
WELL-BEING COMMITTEE

ISBA WELL-BEING COMMITTEE

The Well-Being Committee believes healthy and positive lifestyles are vital to the practice of law. This committee supports and inspires a culture shift by advocating for the importance of physical and mental well-being, personal growth, career satisfaction, and community involvement. The committee provides links to resources from the ISBA, as well as from outside sources.

VISIT: www.inbar.org/well-being

EMAIL: Amber Ellington, aellington@inbar.org

INDIANA JUDGES & LAWYERS ASSISTANCE PROGRAM

Provides information and confidential assistance for individuals in the legal community experiencing challenges.

VISIT: www.in.gov/court/jlaphelps

CALL: 317-833-0370

NATIONAL ALLIANCE ON MENTAL ILLNESS

Offers educational programs and support for those affected by mental illness. Advocates on their behalf at various levels of government.

VISIT: www.nami.org/Home

VISIT: www.namiindiana.org

INSTITUTE FOR WELL-BEING IN LAW

Seeks to lead a culture shift in law to emphasize the importance of health and well-being as integral components of the practice of law.

VISIT: lawyerwellbeing.net

INTERNATIONAL BAR ASSOCIATION PROFESSIONAL WELLBEING COMMISSION

Strives to highlight the importance of well-being for the global legal community, and to advocate for change in the legal profession.

VISIT: <https://buff.ly/3PuLH6a>

ISBA'S ON-DEMAND CLE LIBRARY

A list of continuing legal education programs available to members of the ISBA.

VISIT: www.inbar.org/page/On-DemandCLE

THOUGHT KITCHEN

Offers mindfulness-based practices, continuing legal education, and other services centered on topics of personal well-being and professional development and renewal.

VISIT: www.thought-kitchen.com

NEWPORT INSTITUTE

Provides mental health treatment at locations around the United States, focusing on care for young adults age 18-35.

VISIT: www.newportinstitute.com

READ: <https://buff.ly/3UwLFhh>

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

Leads public health efforts to promote mental health, prevent substance misuse, and provide support and treatment for recovery.

VISIT: <https://www.samhsa.gov/>

THE MINDFULNESS IN LAW SOCIETY

Helps promote well-being and alleviate suffering in the legal profession by educating about the benefits of mindfulness, yoga, and other contemplative practices for legal and related professionals.

VISIT: www.mindfulnessinlawsociety.org

AMERICAN BAR ASSOCIATION

Provides a list of resources for lawyers, judges, and students which encompass various aspects of well-being.

VISIT: <https://buff.ly/4a3RnMA>

