Special COVID-19 Mental Health Statement and Resources

During times of crisis, it’s normal to feel increased stress and anxiety. Protect your mental health while you’re protecting your physical health. The ripple effect of your good mental health will benefit your family, friends, and the clients you serve so faithfully.

Extensive resources for maintaining good mental health can be found at:
https://www.americanbar.org/groups/lawyer_assistance/resources/covid-19--mental-health-resources/.

Resources for lawyers, including local resources, will continue to be posted on KYLAP’s website at www.kylap.org. Check it out.

For those in recovery from alcohol or other drugs, when it is difficult or impossible to attend recovery meetings in person, you can attend meetings online at www.intherooms.com, and at www.lionrockrecovery.com. You can participate by cell phone, iPad, laptop, or desktop computer. Please protect your sobriety during this difficult time.

KYLAP’s 24-hour helpline, (502) 226-9373, remains open and available to provide you with telephone assistance and resources, or you may call KYLAP Director Yvette Hourigan on her cell phone at (859) 221-0806.

YOU CAN NOW SUPPORT THE KYLAP FOUNDATION, INC., THROUGH amazon smile

Visit amazon.com/smile, select Kentucky Lawyer Assistance Program Foundation, Inc., and start shopping now!

Contact KYLAP Director Yvette Hourigan for more information about the Kylap Foundation, Inc.
Forgivable Loan Program.
Call: (502) 226-9373
Email: yhourigan@kylap.org
In a 2015 peer-reviewed study, lawyers self-reported a major depressive episode in the past year at 28%. That's 4 times higher than the general population.

Signs and symptoms of depression:

- Procrastination or inability to meet professional or personal obligations or deadlines
- Difficulty concentrating, remembering details, and making decisions
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Feelings of confusion, loneliness, isolation, and being overwhelmed
- Persistent sad, anxious, or “empty” mood
- Drug or alcohol use
- Feelings of hopelessness, helplessness, worthlessness, or low self-esteem
- Fatigue and decreased energy
- Insomnia or excessive sleeping
- Thoughts of suicide, suicide attempts

KYLAP
the Key to Recovery Kentucky Lawyer Assistance Program

We Can Help. Call (502) 226-9373