

Ask yourself:

1. Because of my drinking or drug use, have I felt any of the following; regrets the morning after, guilt, remorse, depression, real loneliness, severe anxiety, terror, or a feeling of impending doom?
2. Does my drinking or drug use lead me to questionable environments?
3. Do I ever feel I need a drink or drug to face a certain situation?
4. Do I need a drink or drug to steady my nerves?
5. Do I plan my office routine around my drinking or drug use?
6. Have I missed or adjourned closings, court appearances or other appointments because of my drinking or drug use?
7. Do I want or take a drink or drug the next morning?
8. Is someone concerned about my drinking or drug use?

Depression is about a chemical imbalance in the brain. It should always be taken seriously. Recognizing its symptoms is important. If the following conditions persist for two weeks or more, you, or a person you know, may suffer from clinical depression.

1. Loss of pleasure or interest.
2. Change in eating or sleeping habits.
3. Difficulty concentrating.
4. Persistent sadness and/or depressed mood.
5. Feelings of guilt or worthlessness.
6. Slowed movements or restlessness.
7. Fatigue or decreased energy.
8. Thoughts of death or suicide.

If I have answered "Yes" to one or more of the above questions, then I owe it to myself, my family, my clients, and other people who depend on me, to contact the Maine Assistance Program for help.

When a lawyer/judge you know is in trouble, call us.

The source of the call as well as the lawyer or judge being helped is always confidential. In fact, by calling us, you may help save a career or life.

MAP can:

- Help identify problems or impairments.
- Provide peer intervention and support.
- Refer a troubled lawyer or judge to professional help when needed.
- Directly assist rehabilitation efforts.

Referrals may be made by the impaired attorney/judge himself or herself, or by anyone concerned about any attorney or judge.

Combining confidential peer assistance with professional services for lawyers/judges needing personal assistance with the problems related to the stress of practicing law.

***You CAN HELP!
All calls are strictly confidential.
1-800-530-4627***

24 Hours - Every Day

MAP charges no fees for its services.

Maine Assistance Program for Lawyers and Judges

Problems are not a sign of failure but an opportunity for growth.

Confidential help is only a phone call away.

**1-800-530-4627
24 Hours - Every Day**

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The Maine Assistance Program for Lawyers and Judges (MAP) was created by rule of the State of Maine Supreme Judicial Court in September 2002 to confidentially address the issue of lawyer or judge impairment from the effects of chemical dependency or mental conditions that result from disease, disorder, trauma, or other infirmity that impair the ability of a lawyer or judge to practice or serve.

MAP has three purposes:

1. To protect the interests of clients and the general public from harm caused by impaired lawyers or judges.
2. To confidentially assist impaired members of the profession to begin and continue recovery; and
3. To educate the bench, the bar, and the public to the causes of and remedies for impairments affecting members of the legal profession.

MAP was established to prevent or alleviate problems before they jeopardize a lawyer's or judge's practice and profession and to offer help and assistance at any time. Our services include help for a broad range of problems and personal issues such as:

- Depression
- Stress and Burnout
- Alcohol and Drug Abuse
- Marital and Family Relationships
- Financial Problems
- Gambling
- Career Concerns
- Eating Disorders
- Balancing Work and Family, including Elder and Child Care

"A lot of people get into the legal profession because they are very good at fighting other's battles and not very good at taking care of themselves."

-John

Addiction and Depression are Treatable Illnesses!

Maine lawyers and judges don't have to face their problems alone!

Don't delay in calling while you are trying to decide whether things are bad enough.

There is no need to risk your license, livelihood, reputation, or family. You do not have to do it alone. If you, a family member, friend, or colleague is in trouble, seeking professional help will make a difference. Once you have made the call, you have taken the first step. We will help you take it from there.

"When I compare my life today with what it was like before I called MAP, I wonder why I waited so long."

-Richard

- **Peer Support Network:** Mentors, who are themselves recovering lawyers and judges, make themselves available to talk and listen.
- **Support Groups:** MAP sponsors regular, anonymous peer support groups statewide for individuals concerned about their drinking, drug use, or other addictive behaviors.
- **Monitoring by Consent:** When an impaired attorney/judge has been disciplined, MAP will monitor a formalized probation program (with attorney's/judge's consent). Beyond what is stated in the probation agreement, the monitor's confidentiality is protected.

Facts:

- Lawyers abuse alcohol at a 50-80 percent higher rate than the general population.
- Malpractice insurance claims are significantly higher among impaired attorneys.
- A recent ABA study indicates that more than 50 percent of all disciplinary cases involve impaired lawyers.
- Lawyers suffering from alcoholism, drug addiction or depression often deny their problem.

MAP can help.

- **Assessment and Referral:** When you, a family member, or someone who is concerned for you call MAP, we will facilitate an evaluation and outline available options.
- **Educational Outreach:** MAP will work with your firm, court, bar association, or law school to develop trainings, workshops, and other educational programs.
- **Interventions:** When appropriate, the program director will plan, rehearse and facilitate a formal intervention to assist the affected person in recognizing his/her illness, allowing for the recovery process to begin.
- **Confidentiality:** All calls to MAP are confidential and are treated with the concept of helping and assisting the individual involved.

"My worst day now is better than my best day then."

-Mary