



NALP LAWYER AND LAW STUDENT WELL-BEING TASK FORCE RESOURCES FOR LEGAL EMPLOYERS AND LAW SCHOOLS

1. Key Background Materials

- "The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys," Patrick R., Krill, R. Johnson, & Linda Albert, 10 J Addict Med, 1, Jan/Feb 2016:
www.ncbi.nlm.nih.gov/pmc/articles/PMC4736291/pdf/adm-10-46.pdf
- "Suffering in Silence: The Survey of Law Student Well-Being and the Reluctance of Law Students to Seek Help for Substance Use and Mental Health Concerns," Jerome M. Organ, David B. Jaffe & and Katherine M. Bender, 66 J. Legal Educ., Autumn 2018, at 1, 116-56:
<https://jle.aals.org/home/vol66/iss1/13/>
- "What Makes Lawyers Happy? A Data-Driven Prescription to Redefine Professional Success," Lawrence S. Krieger and Kennon M. Sheldon, 83 Geo. Wash. L. Rev. 554 (2015):
<https://judicialstudies.duke.edu/wp-content/uploads/2019/02/Panel-1-What-Makes-Lawyers-Happy-A-Data-Driven-Prescription-to-Redefine-Professional-Success-Krieger-Sheldon-2015.pdf>.
- "The Hidden Stresses of Law School and Law Practice," by Professor Larry Krieger.
 - Cover and introduction page:
<https://drive.google.com/file/d/1ONB7qoaQnctgFbRKmYh73uq5esLQNczD/view?usp=sharing>
 - Ordering info. and costs: <https://drive.google.com/file/d/1UO74yk-4lhQJWK1gomBpGUTPr-052fXR/view?usp=sharing>
- "Generation Z Goes to Law School: Teaching and Reaching Law Students in the Post-Millennial Generation," Graham, Laura P., University of Arkansas at Little Rock Law Review, 2019:
<https://ssrn.com/abstract=3271137>
- "Wellness Is the Cake, Not the Icing," Dr. Larry Richard, NALP PD Quarterly, November 2018.
- NALP Bulletin Archives – search under "Well-Being" <https://www.nalp.org/currentissue/index.cfm> (login required)

2. Action Plans & Toolkits

- The Path to Lawyer Well-Being: Practical Recommendations for Positive Change (2017):
<http://lawyerwellbeing.net/>.
- Well-Being Toolkit for Lawyers and Legal Employers:
www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/lc_colap_well-being_toolkit_for_lawyers_legal_employers.pdf
- Substance Abuse and Mental Health Toolkit for Law School Students and Those Who Care About Them: <https://abaforlawstudents.com/events/initiatives-and-awards/mental-health-resources/>
- ABA National Mental Health Day for Law Schools:
www.americanbar.org/groups/lawyer_assistance/events_cle/mental_health_day/
- ABA Well-Being Pledge:
https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/lc_colap_working_group_pledge_and_campaign.PDF



3. Mental Health & Substance Use Resources

- ABA Commission on Lawyer Assistance Programs (CoLAP)
www.americanbar.org/groups/lawyer_assistance/
- Center for Work Place Mental Health – has case studies for organizations of all sizes:
<http://workplacementalhealth.org/Case-Studies>
- Workplace Strategies for Mental Health self-assessment tools:
www.workplacestrategiesformentalhealth.com/self-assessment-tools

4. Mental Health Trainings

- Mental Health First Aid: mentalhealthfirstaid.org: 8-hour training which teaches "mental health first aiders" how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives aiders the skills they need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.
- safeTALK training: www.livingworks.net/programs/safetalk/: a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. safeTALK has been used in over 20 countries, helping to expand the reach of suicide intervention skills in communities around the world.
- QPR - <https://qprinstitute.com/about-qpr>. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

5. Additional Resources For Canadian Legal Employers And Law Schools

- Ontario Member Assistance Program with articles, links, and self-assessment tools:
<http://www.myassistplan.com/>
- A Framework to Address High-Risk Drinking and Alcohol Harms Reduction on Canadian Campuses:
<http://www.ccsa.ca/Resource%20Library/CCSA-Postsecondary-Education-Partnership-Alcohol-Harms-Framework-2017-en.pdf>
- Links to online courses and webinars as well as links to Member Assistance Programs across Canada:
www.cba.org/CBA-Wellness
- Mental Health First Aid: www.mhfa.ca