

Mental Health Resources

TULANE SOURCES

Tulane University Center for Educational Resources and Counseling

- 10 free counseling appointments per year for every student
- Unlimited group sessions
- Students interested in scheduling an appointment can call (504) 865-5113 or come to the ERC between 8:30 a.m. and 5:00 p.m

LOUISIANA LAWYER'S ASSISTANCE PROGRAM

LOUISIANA

Alcohol & Drug Abuse Committee

866-354-9334 24 hours

louisianalap@worldnet.att.net

ABA RECCOMENDED SOURCES

- ABA Commission on Lawyer Assistance Programs (CoLAP) Listserv for Law Students in Recovery (closed and anonymous), e-mail spilisd@staff.abanet.org
- ABA CoLAP Confidential Hotline for Law Students and Lawyers, 1-800-LAW-LAPS (529-5277)
- Active Minds, www.activeminds.org, a student-organized support group with chapters at law schools across the country. Contact them to see if one is open at yours.
- Alcoholics Anonymous, www.alcoholics-anonymous.org
- American Foundation for Suicide Prevention, www.afsp.org
- American Medical Association, www.ama-assn.org
- American Psychology Association, www.apa.org
- *Are You Living In Fear: Getting A Handle On Panic Attacks*, <http://www.utexas.edu/student/cmhc/booklets/panic/panic.html>
- Center for Substance Abuse Treatment, www.samhsa.gov
- Cocaine Anonymous, www.ca.org 800-347-8998
- Debtors Anonymous, www.debtorsanonymous.org
- Directory of State and Local Lawyer Assistance Programs, www.abanet.org/legalservices/colap/lapdirectory.html
- Florida State University College of Law, Law Student Resources, www.law.fsu.edu/academic_programs/humanizing_lawschool/studentresources.html
- Gamblers Anonymous, www.gamblersanonymous.org
- *GPSolo* magazine "Bumps in the Road III" issue, www.abanet.org/genpractice/magazine/2006/oct-nov/index.html
- Habit Smart, www.habitsmart.com
- International Lawyers in Alcoholics Anonymous, www.ilaa.org
- Mental Health America, www.nmha.org

- NAMI, www.nami.org
- Narcotics Anonymous, www.na.org
- National Clearinghouse for Alcohol and Drug Information, www.health.org
- National Institutes for Mental Health, www.nimh.nih.gov
- National Mental Health Awareness Campaign, www.nostigma.org
- National Suicide Prevention Hotline, 1-800-SUICIDE (784-2433),
www.hopeline.com
- Sobriety and Recovery Resources, www.recoveryresources.org
- Nicotine Anonymous, www.nicotine-anonymous.org 415-750-0328
- *The Hidden Sources of Law School Stress: Avoiding the Mistakes that Make Unhappy and Unprofessional Lawyers*, Lawrence Krieger,
www.law.fsu.edu/academic_programs/humanizing_lawschool/booklet.html
- Treatment Improvement Exchange, www.treatment.org
- Web of Addictions, www.well.com/user/woa/
- Women for Sobriety, www.womenforsobriety.org