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 RECOMMENDED 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.
- American Foundation for Suicide Prevention, www.afsp.org
- 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
- 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