



William John Kane
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NEW JERSEY LAWYERS ASSISTANCE PROGRAM

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***Unmanaged stress can lead to health problems,
substance abuse and depression.***

NJLAP understands the competition, high expectations and work/life balance issues faced by New Jersey Lawyers. NJLAP also understands that as help-givers, lawyers often do not seek out help for themselves. However, attempts to find solutions by toughing it out alone are usually in vain. Depressed attorneys often experience emotional paralysis affecting professional obligations including procrastination and inability to open mail or answer phones. By not reaching out, a lawyer may jeopardize all that is meaningful in life.

We offer **free and confidential help** to all New Jersey attorneys with emotional, behavioral, alcohol, drug, gambling, or other personal problems. We provide information and referral to appropriate helping resources. We also offer ongoing confidential recovery support.

Whatever the problem, you do not have to manage alone.

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