



# Mental Health

Mood disorders affect roughly one in four American adults in a given year.\* Stress and anxiety impact the lives and careers of even more. No mental illness need impair your quality of life or ability to function at work and home. Every problem has a solution and Lawyers Concerned for Lawyers can help you find it.

## When To Seek Help

Pervasive, long-lasting feelings of apathy, anxiety, sadness, hopelessness, low self-worth or detachment may indicate your body's response to an unacceptably high level of stress or, more seriously, depression or bipolar disorder. If you are suffering from any of these symptoms or feel anxious, removed, or overtaxed on a regular basis, help is here.

## Restore Your Peace of Mind

A call to Lawyers Concerned for Lawyers connects you with what you need to restore balance and well-being to your life. Peer support, professional therapy, help with coping skills like meditation and inpatient programs can help improve your career, your personal life, and your well-being.

\* Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry, 2005 Jun;62(6):617-27

Accessed via: <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america.shtml>



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Contact LCL today for FREE, CONFIDENTIAL support.  
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