

RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

We recognize that collateral effects of the pandemic can impact our mental health. We offer the following resources to help you manage potential mental health, recovery, and professional challenges.

The NCBA Lawyer Assistance Program is here for you, please don't hesitate to call Beth Eckhardt at 516-512-2618.

CENTERS FOR DISEASE CONTROL AND PREVENTION

The CDC site is likely to offer the most up to date information on the COVID-19 virus. www.cdc.gov

NYS DEPARTMENT OF HEALTH

This New York resource is continually updated with recommendations and data. <https://coronavirus.health.ny.gov/home>

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

<https://www.samhsa.gov>

AMERICAN BAR ASSOCIATION COMMISSION ON LAWYER ASSISTANCE PROGRAMS

https://www.americanbar.org/groups/lawyer_assistance/

OFFICE MANAGEMENT/LEADERSHIP

"The Leader's Guide To Managing COVID-19 Panic" by Jan Bruce
www.forbes.com/sites/janbruce/2020/03/05/the-leaders-guide-to-managing-covid-19-panic/#726c5e5d59ea

"8 Strategies to Set Up Remote Work During the Coronavirus Outbreak" by Marten Mickos
www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak.

SOCIAL DISTANCING

"Stigma and Resilience" published by the CDC
www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html

“Tips for Social Distancing, Quarantine, And Isolation During an Infectious Disease Outbreak” published by SAMHSA

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

“Dealing with Social Isolation” by Brian Cuban, author of *“The Addicted Lawyer”*
www.briancuban.com/blog/dealing-with-social-isolation/

“100 things to do while stuck inside due to a pandemic” published by USA TODAY
www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/

Free Online Courses from Ivy League schools.

www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/

Yoga from Down Dog app.

www.downdogapp.com/web

HELPLINES

The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **1-800-273-TALK(8255)**
www.suicidepreventionlifeline.org

Crisis Text Line serves anyone, in **any** type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.
Text “HOME” to 741741
www.crisistextline.org

ALCOHOL AND SUBSTANCE ABUSE RECOVERY RESOURCES

AA Online Meeting Directory: <http://aa-intergroup.org/directory.php>

AA – Online - http://12stepforums.net/alcoholics_anonymous_online_meeting.html

AA COVID-19 Informational Page: AA link-

https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf

Al-Anon – Online - http://12stepforums.net/alanon_family_group_online_meeting.html

STRESS AND ANXIETY

“Mental Health and Coping During COVID-19” published by the CDC
www.cdc.gov/coronavirus/2019ncov/about/coping.html

“7 science-based strategies to cope with coronavirus anxiety” by Jelena

Kecmanovic www.theconversation.com/7-sciencebased-strategies-to-cope-with-coronavirus-anxiety-133207

“[Lawyer] Anxiety, Self-Protective Behavior, Ethical Sinkholes, and Professional Responsibility” by Dan Defoe

www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29

“Coronavirus and your mental health: Two experts explain why we panic and how to cope” by Joanna Chiu

www.thestar.com/news/canada/2020/03/11/coronavirus-and-your-mental-health-two-experts-explain-why-we-panic-and-how-to-cope.html

“How do you keep down your stress levels at the office?” by Stephen Rynkiewicz

www.abajournal.com/news/article/how-do-you-reduce-stress.

STAYING MENTALLY HEALTHY

“Taking Care of Your Mental Health in the Face of Uncertainty” published by the American Foundation for Suicide Prevention.

www.afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/

“Staying Mentally Healthy During the Coronavirus” published by The Change Direction initiative www.changedirection.org/staying-mentally-healthy-during-covid-19/

National Alliance on Mental Illness (NAMI) offers tips for people with mental illness.

www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus