

## ASK YOURSELF:

**Depression** is about a chemical imbalance in the brain. It should always be taken seriously. Recognizing its symptoms are important. If the following conditions persist for two weeks or more, you, or a person you know, may suffer from clinical depression.

1. Loss of pleasure or interest.
2. Change in eating or sleeping habits.
3. Difficulty concentrating.
4. Persistent sadness and/or depressed mood.
5. Feelings of guilt or worthlessness.
6. Slowed movements or restlessness.
7. Fatigue or decreased energy.
8. Thoughts of death or suicide.

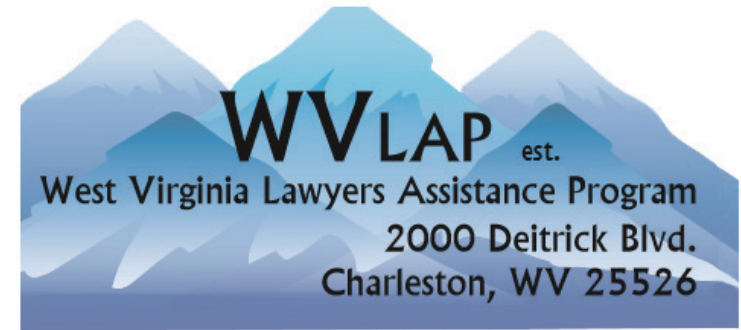
### Substance Abuse:

1. Because of my drinking or drug use, have I felt any regrets the morning after, guilt, remorse, depression, loneliness, severe anxiety, terror, or a feeling of impending doom?
2. Does my drinking or drug use lead me to questionable environments or situations?
3. Do I ever feel I need a drink or drug to face a certain situation?
4. Do I need a drink or drug to steady my nerves?
5. Do I plan my office routine around drinking or drug use?
6. Have I missed or adjourned closings, court appearances or other appointments because of my drinking or drug use?
7. Do I want to take a drink or drug the next morning?
8. Is someone concerned about my drinking or drug use?

**If you have answered “Yes” to two or more of the above questions, then you owe it to yourself, your family, and your clients, to contact the West Virginia Lawyers Assistance Program.**

***Problems are not a sign of failure but an opportunity for growth***

**304-553-7232**



Assisting West Virginia Attorneys,  
Judges, Bar Applicants and  
Law Students

**ALL COMMUNICATIONS ARE  
CONFIDENTIAL**

**(304) 553-7232**

Robert E. Albury, Jr., JD, LADC

2000 Deitrick Blvd.

Charleston, WV 25311-1231

Executive Director

[alburyr@wvbar.org](mailto:alburyr@wvbar.org)

**The West Virginia Lawyer Assistance Program ("WVLAP")** was established by order of the West Virginia Supreme Court in 2013 and its mission is set forth in the Rules of the West Virginia Supreme Court.

WVLAP is a free and confidential assistance program providing consultation, referral, intervention, crisis management, monitoring and peer support for lawyers, judges, bar applicants and law students who are struggling with retirement, stress, anxiety, depression, substance abuse, suicidal ideation or other mental/physical/emotional health issues.

WVLAP's work also contributes to the protection of the public and the improvement of the integrity and reputation of the legal profession. Statistics support that assistance to an affected lawyer often prevents future consequences and ethical violations, thereby reducing the number of legal, employment and disciplinary actions.

**The MISSION of WVLAP is threefold:**

To **Confidentially Assist** members of the legal profession to identify quality of life issues, access continuing care resources and engage in an ongoing personal program of recovery;

To **Protect** the interest of clients, litigants and the general public from harm caused by impaired lawyers or judges; and

To **Educate** the bench, the bar, and the public to the types, causes and remedies for impairments affecting members of the legal profession.

Research has shown that Lawyers, Judges, and Law Students are more vulnerable to personal and professional problems than the general population, and that few occupations are as stressful. Competition, administrative responsibilities, long hours, high expectations and win-lose scenarios can wear down even the most energetic lawyer. This can lead to depression, stress, career problems, relationship issues, financial problems and substance abuse. WVLAP offers assistance to those who are experiencing issues that may affect their ability to practice or serve.

WVLAP can help with issues such as retirement, stress, anxiety, burnout, depression, work/life balance, substance abuse, co-dependency/relationship issues, conflicts with colleagues or family, compulsive behaviors, grief, trauma, and more. No problem is too big or too small.

**WVLAP can help identify problems or impairments, provide peer intervention and support, and refer for professional help when necessary.**

**ALL REFFERALS & COMMUNICATIONS TO WVLAP ARE CONFIDENTIAL, WHETHER BY THE INDIVIDUAL OR A CONCERNED THIRD PARTY, WITH THE PRIMARY OBJECTIVE BEING TO HELP THE PARTIES INVOLVED.**