

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



**The West Virginia Judicial  
& Lawyer Assistance Program**

2000 DETRICK BOULEVARD  
CHARLESTON, WV 25311-1231  
(304) 553-7232

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ASSISTING WEST VIRGINIA ATTORNEYS, JUDGES,  
BAR APPLICANTS AND LAW STUDENTS

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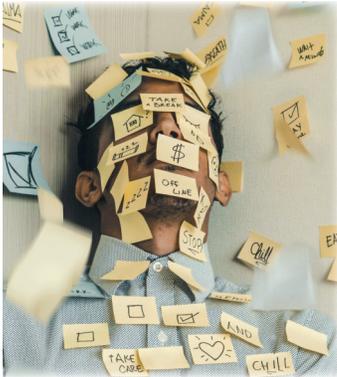
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(304) 553-7232

ROBERT ALBURY, JR., JD, LADC  
EXECUTIVE DIRECTOR  
[alburyr@wvjlap.org](mailto:alburyr@wvjlap.org)

STEPHANNE THORNTON, MSW, LICSW, MAC, CCTP, CSOTP  
CLINICAL DIRECTOR  
[thorntons@wvjlap.org](mailto:thorntons@wvjlap.org)

SHAWNETTE D'ARCO  
PROGRAM COORDINATOR  
[darco@wvjlap.org](mailto:darco@wvjlap.org)

# SUBSTANCE ABUSE & MENTAL HEALTH ATTORNEY WELLNESS



Nearly 25% of lawyers experience problematic stress.

11% of criminal litigation lawyers suffer from PTSD, and 34% suffer from vicarious trauma (compassion fatigue).



The highest overall problem drinking rates (32.3%) are among lawyers under the age of 30.



61% of lawyers reported experiencing anxiety at some time over the course of their career and 46% reported depression.

**WVJLAP** is a free and confidential assistance program providing consultation, peer support, intervention, referral to medical/clinical resources, monitoring and advocacy for lawyers, judges, bar applicants, law students and their families, who are struggling with any physical, mental, emotional and/or behavioral health issues.



**WVJLAP** 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 (i.e. sex, gambling, eating, Internet, etc.), grief, trauma, practice impairments and more.



**WVJLAP's** work also contributes to the protection of the public and maintaining the integrity of the legal profession. Statistics support that reduction of stigma and confidential assistance to an affected member of the legal profession often prevents future consequences and ethical violations, thereby reducing the number of potential legal, employment and disciplinary actions.

If you are concerned about yourself or about a partner, associate, colleague, bar applicant, law student or judge, help is available here.