

MAKE A MOTION FOR HELP

**Confidential services for alcohol and
substance abuse are available.**

Addiction. It's not easy to admit there's a problem. It's even harder when you think no one notices. But they do. Asking for help can be difficult. Knowing help is available makes it a little easier.

When dealing with addiction, understanding the unique needs of judges and attorneys is crucial. That's why we offer free, *confidential* help for those in the legal community suffering from alcohol or substance abuse.

For help, or to help another, please call one of the agencies below.

**New York State Bar Association
Lawyer Assistance Program
800 255 0569
www.nysba.org**

**Association of the Bar of the City of New York
Lawyer Assistance Program
212 302 5787
www.abcnyc.org**



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NEW YORK STATE
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www.nylat.org

This advertisement is sponsored by the New York State Lawyer Assistance Trust, an agency of the unified court system created to bring statewide resources and awareness to the prevention and treatment of alcohol and substance abuse in the legal community. Barbara Smith, Executive Director.



THE BURDEN OF PROOF

Proof of an addiction? Make a case for getting help.

No one wants to admit to an addiction. But sometimes the evidence can't be ignored. Although it cannot be cured, addiction can be arrested. But not without help.

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