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CONSULTATION CALL:**

**New York State Bar Association
Lawyer Assistance Program**

800.255.0569

www.nysba.org/lap

**New York City Bar Association
Lawyer Assistance Program**

212.302.5787

www.nycbar.org

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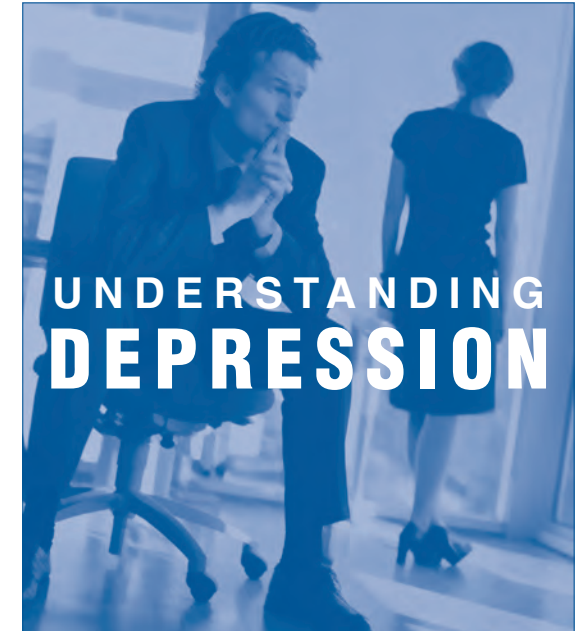
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**New York State
Lawyer Assistance Trust**

518.285.4545

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**NEW YORK STATE LAWYER ASSISTANCE TRUST
54 STATE STREET, ALBANY, NEW YORK, 12207**



UNDERSTANDING DEPRESSION

Help and Hope for Lawyers

*“I had lost my ability
to motivate myself, but more
importantly, I had lost
all confidence in my ability
to do anything.
I questioned my competence
as a lawyer and feared
I was hurting my clients more
than I was helping them. . .”*

— A NEW YORK LAWYER

**NEW YORK STATE
LAWYER ASSISTANCE
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WHAT IS DEPRESSION?

Depression is a serious mental illness; it's not something in your head that you made up. It's more than feeling "down" or "blue."

DEPRESSION IS:

- COMMON-** 1 out of every 10 adults experience depression
- INSIDIOUS-** people are often unaware that what they are experiencing is depression
- IGNORED-** 75% of those with depression never seek treatment and suffer needlessly
- TREATABLE-** more than 80% of those who seek help find relief

WHO IS AT RISK?

No one is completely immune. Women are twice as likely to be diagnosed and treated for depression, whereas men are less likely to acknowledge depression – it may be masked by alcohol or drug abuse.

DEPRESSION AMONG ATTORNEYS:

- Occurs up to four times more than in other professionals
- Occurs twice as frequently as in the general population

SIGNS OF DEPRESSION:

Experiencing any of the following for more than two weeks can indicate the presence of DEPRESSION

- **Inability** to meet professional or personal obligations; procrastination; file stagnation and neglect; lowered productivity; missing deadlines
- **Decrease** or increase in appetite
- **Insomnia**, frequent waking, restless sleep or too much sleep
- **Changes in** sexual energy or desire
- **Loss of interest** or ability to feel pleasure
- **Trouble** concentrating or remembering
- **Feelings of** apathy, anxiety, sadness, hopelessness, low self-worth, confusion, loneliness, and detachment
- **Suicidal** thoughts, plans, or attempts



SIGNS OF HOPE:

- **Recognizing** that something is wrong
- **Having the wisdom** to get information
- **Having the courage** to seek help

TREATMENT:

A variety of medications and psychotherapies have proven effective in treating depression. A comprehensive evaluation done by a qualified professional is an important first step in determining the best treatment.

WHO CAN HELP?

Colleagues, family members and friends play an important role in recognizing the symptoms of depression and encouraging the person in need to get help..

If you or another lawyer, judge, law student or family member is experiencing symptoms of depression, contact a Lawyer Assistance Program.

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