**Resources for the Pandemic and Beyond**

**Real Problems. Real Help. Real Experts.™**

**Take some numbers, share some numbers,** giving a friend or colleague access to LAP’s Talk or Group Therapy and a suicide hotline can be life-saving, do not hesitate to share this information, reach out to LAP for supporting a friend/colleague, it’s an act of kindness and love:

**Suicide Prevention Lifeline 1-800-273-TALK (8255)** [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

**LAP Clinical contact,** virtual appointments available: 312-726-6607, [gethelp@illinoislap.org](mailto:gethelp@illinoislap.org)

**Other focused resources by issue:**
[https://illinoislap.org/mental-health-resources/other-recommended-resources/](https://illinoislap.org/mental-health-resources/other-recommended-resources/)

**Take a Breath**

4-7-8 Breathing...Inhale through your nose for four seconds, hold your breath for seven seconds, exhale through your mouth for eight seconds. Repeat.

**LAP's guided meditation videos** at 40 and 20 minutes long:
[https://illinoislap.org/mental-health-videos/](https://illinoislap.org/mental-health-videos/)

**Wellness Apps + Follow LAP on Social Media** (Facebook, Instagram, LinkedIn, Twitter) for daily mental health and wellness content @illinoislap

For example: Fauna, an app for mental clarity, focus, accountability & search your app store using terms for what you need!  
[https://flora.appfinca.com/en/?fbclid=IwAR2Uzx8_iBTjOEPVT1Nm3Xix3a3-fdyX5CVUjcpQwxKg57i08-trMqwuDLA](https://flora.appfinca.com/en/?fbclid=IwAR2Uzx8_iBTjOEPVT1Nm3Xix3a3-fdyX5CVUjcpQwxKg57i08-trMqwuDLA)

**LAP Virtual CLE’s available 24/7 to stream, consider, gain essential tools for navigating personal and professional challenges** [https://illinoislap.org/online-cle-2/](https://illinoislap.org/online-cle-2/)

- The Resilient Lawyer
- Fear No Evil: COVID19 Driven Anxiety
- Your Best Thinking in the Worst Situations
- Improving Decision-making Under Stress
- Mindful Combat

**LAP Clinical Articles:** [https://illinoislap.org/mental-health-resources/lap-articles/](https://illinoislap.org/mental-health-resources/lap-articles/)

For example **Fear No Evil: COVID19 Driven Anxiety, COVID19 the Long and Short Term Mental Health Consequences**