



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/>
LAP Clinical contact, virtual appointments available: 312-726-6607, gethelp@illinoislap.org

Other focused resources by issue:

<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.../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_iBTj0EPVT1Nm3Xix3a3-fdyX5CVUjcpQwxKgS7i08-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/>

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/>

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