

# JUDICIAL DESK REFERENCE

## I. SOME SIGNS AND SYMPTOMS OF DEPRESSION AND SUBSTANCE ABUSE:

Consistent feelings of sadness or hopelessness

Using alcohol or drugs to bolster performance

Lack of interest in people, things or activities previously enjoyed

Using substances on the job, during the day, before appointments, meetings, deposition or court appearances

Increased fatigue or loss of energy, restlessness or irritability

Failing to show for appointments, meetings, depositions, court appearances; failing to return phone calls

Noticeable change in appetite, weight or sleep patterns

Declining quality and quantity of work product

Isolation from family, friends, colleagues

Avoiding law partners, staff, colleagues, clients, friends and family

Feelings and expressions of guilt or worthlessness

Drinking/using substances alone. Making excuses for, or lying about, frequency or amount

Diminished ability to remember, think clearly, concentrate or make decisions

Moral, ethical and behavioral transgressions

Thoughts or expressions of death or suicide

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## II. WHAT TO DO?

Call TLAP at 800-343-8527, 512-427-1453  
or on the TLAP Judges' Line: 800-219-6474

Identity of caller can remain confidential

## III. WHY DO IT?

Provide help, not discipline  
Fulfill your ethical obligation to report

## IV. WHAT HAPPENS?

TLAP staff or volunteer lawyers and judges can contact impaired lawyer, offer help, and educate on available services

Receive coaching and education about practical, immediate and long-term solutions and options

## V. TLAP SERVICES:

Crisis counseling, coaching and referral  
Referrals to resources (counselors, therapists, psychologists, psychiatrists in relevant geographical areas)  
Recommendations for out-patient and in-patient treatment programs  
Match lawyer/judge with local peer volunteers and/or support groups  
Referrals for limited financial assistance for lawyers without assets/insurance