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

Consistent feelings of sadness or hopelessness
Lack of interest in people, things or activities previously enjoyed
Increased fatigue or loss of energy, restlessness or irritability
Noticeable change in appetite, weight or sleep patterns
Isolation from family, friends, colleagues
Feelings and expressions of guilt or worthlessness
Diminished ability to remember, think clearly, concentrate or make decisions
Thoughts or expressions of death or suicide

Using alcohol or drugs to bolster performance
Using substances on the job, during the day, before appointments, meetings, deposition or court appearances
Failing to show for appointments, meetings, depositions, court appearances; failing to return phone calls
Declining quality and quantity of work product
Avoiding law partners, staff, colleagues, clients, friends and family
Drinking/using substances alone. Making excuses for, or lying about, frequency or amount
Moral, ethical and behavioral transgressions

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