Recap - Twitter Chat on Suicide in the Legal Profession

Hosted by @ABACoLAP with guests @NeeFoundation and @KYLAPtweets

Join @ABACoLAP for a Live Twitter Chat on Suicide Prevention and Postvention in the Legal Profession

Log onto Twitter on June 27 @ 1pm ET
And use hashtag #LawyerSuicideAwareness

Kate Bender, Dave Nee Foundation (@NeeFoundation) and Yvette Hourigan, Kentucky Lawyer Assistance Program (@KYLAPtweets)

#LawyerSuicideAwareness chat with guests @NeeFoundation and @KYLAPtweets is TODAY at 1pm ET! pic.twitter.com/2XJunNEfaQ
Welcome to the #LawyerSuicideAwareness chat! For the next hour we'll be talking about suicide prevention in the legal profession. pic.twitter.com/K8RVa4Coj4

First, a big thank you to our guests @NeeFoundation & @KYLAPtweets and to @nba_yld for their help and involvement. #LawyerSuicideAwareness. pic.twitter.com/Xz93FU00dx

@ABACoLAP @NeeFoundation @KYLAPtweets Thank you for being a great partner! We are excited for this discussion! #LawyerSuicideAwareness twitter.com/ABACoLAP/statu...
Recap - Twitter Chat on Suicide in the Legal Profession

Let's Chat... About Suicide.

Log onto Twitter on June 27 @ 1pm ET
And use hashtag #LawyerSuicideAwareness

At 1 p.m. ET follow along with @ABACoLAP the #LawyerSuicideAwareness hashtag for a live Twitter chat on suicide prevention. pic.twitter.com/iTVOgt5lEk

Join @ABACoLAP for a Live Twitter Chat on Suicide Prevention and Postvention in the Legal Profession

With guests
Kate Bender, Dave Nee Foundation (@NeeFoundation) and Yvette Hourigan, Kentucky Lawyer Assistance Program (@KYLAPtweets)

And a big thank you to everyone else who helped spread the word about this important topic. (You know who you are...) #LawyerSuicideAwareness

Need Immediate Help?

Call: 1-800-273-TALK (8255)
Text: 741741

https://suicidepreventionlifeline.org/

Are you at risk now? Call 1-800-273-TALK (8255) or Text 741741. suicidepreventionlifeline.org #LawyerSuicideAwareness pic.twitter.com/puYnjqC9TE
Before we start the chat, here’s a quick introduction to @ABACoLAP... #LawyerSuicideAwareness pic.twitter.com/xfUFJFvxlI

@ABAYLD @HNBAyLD @nationalbar Join us in this great discussion this hour! #LawyerSuicideAwareness twitter.com/ABACoLAP/statu...

The ABA Commission on Lawyer Assistance Programs has a mission to assure that every judge, lawyer & law student... #LawyerSuicideAwareness

...has access to support & assistance when confronting alcoholism, substance use disorders or mental health issues... #LawyerSuicideAwareness
...so that lawyers can recover, families are preserved & clients and other members of the public are protected. #LawyerSuicideAwareness

This mission is carried out by supporting the work of state and local lawyer assistance programs (LAPs). #LawyerSuicideAwareness

Resources and a directory of state and local LAPs are on the CoLAP website at: ambar.org/colap. #LawyerSuicideAwareness

#LawyerSuicideAwareness

#LawyerSuicideAwareness twitter.com/ABACoLAP/statu...
Now, onto the Chat! For audience members with comments or questions, don’t forget the #LawyerSuicideAwareness tag! pic.twitter.com/zp08sQs8Pi

Tish Vincent MSW Esq @realist3
What are some signs that a friend might be suicidal? #lawyersuicideawareness

First, @NeeFoundation & @KYLAPtweets, please introduce yourself and tell me a little bit about your organization. #LawyerSuicideAwareness pic.twitter.com/EhRtfrfdgf
ABA for Law Students
@abalsd
Great to talk with Kate Bender again! abaforlawstudents.com/2016/03/29/men... @NeeFoundation #LawyerSuicideAwareness

Dave Nee Foundation
@NeeFoundation
Thx@ABACoLAP for involving @NeeFoundation today. My name is Kate Bender. I have a PhD in mental health counseling... #LawyerSuicideAwareness

Dave Nee Foundation
@NeeFoundation
I currently teach mental health & student affairs counseling courses at Bridgewater State Univ in southeastern MA. #LawyerSuicideAwareness

Dave Nee Foundation
@NeeFoundation
Just finished teaching a 5week grad class on suicide. Thx @colleenevelynn & @emmaroserussell for the twitter lesson #LawyerSuicideAwareness

NJ Lawyers Assistance
@NJlap08901
Noreen Braman, Program Manager , NJLAP, on the big screen with staff. #lawyerssuicideawareness

Dave Nee Foundation
@NeeFoundation
Began working for @NeeFoundation in 2012 while writing my doctoral dissertation on suicide prevention in higher ed. #LawyerSuicideAwareness
Recap - Twitter Chat on Suicide in the Legal Profession

https://storify.com/SaraBSmith84/twitter-chat-on-suicide-in-the-legal-profession.html

Dave Nee Foundation
@NeeFoundation

@NeeFoundation has a mission to eliminate the stigma associated with depression and suicide. #LawyerSuicideAwareness

11 MONTHS AGO

ABA CoLAP
@ABACoLAP

@realist3 Hello! Thanks for asking! This will be covered in Question 3... #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

Created in honor of Dave Nee, a successful and beloved Fordham Law student Class of 2005 #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

Nee died by suicide while studying for the bar. @NeeFoundation educates the legal community about mental health. #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

@NeeFoundation has made Uncommon Counsel presentations to over 50 law schools around the country. #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

@NeeFoundation frequently presents at law conferences, CLE sessions, & law firms. Live or web based presentations. #LawyerSuicideAwareness

11 MONTHS AGO
@NeeFoundation contributes to research on the topic of mental health and law students.
#LawyerSuicideAwareness

We joke about it a lot. But if you're studying for the #BarExam and you're struggling to cope, get help. #LawyerSuicideAwareness twitter.com/NeeFoundation/...

We're also working on the various Character & Fitness questions posed that may deter folks from getting needed help #LawyerSuicideAwareness

@realist3 Great question!! #LawyerSuicideAwareness

@ABACoLAP @NeeFoundation @KYLAPtweets @ABACoLAP Maura DeMouy, Director of Academic Success at Georgetown Law #LawyerSuicideAwareness

To learn more about @NeeFoundation please visit davenefoundation.org #LawyerSuicideAwareness
KY Lawyer Assistance
@KYLAPtweets

@KYLAPtweets is Yvette Hourigan, Director of the Kentucky Lawyer Assistance Program. #LawyerSuicideAwareness #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

I was a KY trial lawyer for 20 years in Central and Eastern Kentucky before I became the Director of KYLAP in 2011. #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

KYLAP’s mission is to de-stigmatize mental health issues prevalent in the legal community and encourage treatment #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

Kentucky Lawyer Assistance Program @KYLAPtweets is a completely confidential program assisting KY lawyers. #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

KYLAP assists lawyers, law students and judges with all mental health issues including depression and addiction. #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

KYLAP assists lawyers, law students and judges with all mental health issues KYLAP.org #LawyerSuicideAwareness
KY Lawyer Assistance
@KYLAPtweets

All contact with KYLAP is confidential pursuant to SCR 3.900. Most State LAPs have this type of confidentiality. #LawyerSuicideAwareness

KY Lawyer Assistance
@KYLAPtweets

Directory of State Lawyer Assistance Programs americanbar.org/groups/lawyer_.... #LawyerSuicideAwareness

Dave Nee Foundation
@NeeFoundation

Suicide is a preventable problem that is not talked about enough due to stigma and shame. #LawyerSuicideAwareness
While Suicide is a complex issue, lawyers and law students have a higher risk than other groups. #lawyersuicideawareness

Lawyers are often isolated, under high stress, and frequently deal with very traumatic and emotional cases. #lawyersuicideawareness

Lawyers are not encouraged to process emotions, talk about feelings, or ask for help. #lawyersuicideawareness
Welcome to the @ABACoLAP Twitter Chat on Suicide Prevention and Postvention in the Legal Profession

With Guests

- **Kate Bender**, Programming Director at the Dave Nee Foundation (@NeeFoundation)
- **Yvette Hourigan**, Director of the Kentucky Lawyer Assistance Program (@KYLAPtweets)

@ABAYLD glad to be a part of #LawyerSuicideAwareness chat with @ABACoLAP @NeeFoundation @KYLAPtweets on a very important topic pic.twitter.com/iM93Fk3SCn

@ABAYLD · 11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

As a result, lawyers and law students often try to self medicate through drugs or alcohol #lawyersuicideawareness

@NeeFoundation · 11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Lawyers have a rate of suicide about 6 times higher than the general population. We are a profession at risk. #LawyerSuicideAwareness

@KYLAPtweets · 11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

General population has 13 deaths per 100,000 by suicide. In lawyer population, 66 deaths per 100,000 are suicides #LawyerSuicideAwareness

@KYLAPtweets · 11 MONTHS AGO
Idaho State Bar
@idahostatebar

These are scary but real statistics. Join us with #LawyerSuicideAwareness as we discuss this important topic. twitter.com/kylaptweets/st...
11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

The most recent study re: lawyers’ thoughts of self-harm shows that 11.5% reported suicidal thoughts at some point. #LawyerSuicideAwareness
11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

2016 Hazelden Article on lawyer impairment issues. ncbi.nlm.nih.gov/pmc/articles/P... #LawyerSuicideAwareness
11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Higher rates of substance abuse among lawyers (3-5x > than general population) contribute to higher suicide rates. #LawyerSuicideAwareness
11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Higher rates of depression among lawyers (28% vs. 6.7% in general population) contribute to higher suicide rate. #LawyerSuicideAwareness
11 MONTHS AGO

ASHLEY HART
@ashleyhartjdmws

@ABACoLAP @NeeFoundation @KYLAPtweets Ashley Hart, I am a law student at Robert H. McKinney School of Law as well as a social work MSW masters student #LawyerSuicideAwareness
11 MONTHS AGO
What are signs that someone might be thinking about suicide?  

[Image: What are signs that someone might be thinking about suicide? #LawyerSuicideAwareness pic.twitter.com/v1EacKHyqo](https://twitter.com/ABACOLAP/status/1021334201028664833)

Dave Nee Foundation  
@NeeFoundation

There are often observable warning signs that a person is suicidal. Suicide is generally NOT impulsive.  
#lawyersuicideawareness

[Image: Dave Nee Foundation  
@NeeFoundation
There are often observable warning signs that a person is suicidal. Suicide is generally NOT impulsive.  
#lawyersuicideawareness](https://twitter.com/DaveNeeFound/status/1021334201028664833)

Legal Career Central  
@abalcc

#LawyerSuicideAwareness twitter.com/NeeFoundation/...

[Image: Legal Career Central  
@abalcc
#LawyerSuicideAwareness twitter.com/NeeFoundation/...](https://twitter.com/LegalCareerCentral/status/1021334201028664833)

NBA YLD  
@nba_yld

wow!!! Lawyers have 3-5x the rate of substance abuse than the general population!!  
#LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

[Image: NBA YLD  
@nba_yld
wow!!! Lawyers have 3-5x the rate of substance abuse than the general population!!  
#LawyerSuicideAwareness twitter.com/KYLAPtweets/st...](https://twitter.com/NBA_YLD/status/1021334201028664833)

Legal Career Central  
@abalcc

#LawyerSuicideAwareness twitter.com/NeeFoundation/...

[Image: Legal Career Central  
@abalcc
#LawyerSuicideAwareness twitter.com/NeeFoundation/...](https://twitter.com/LegalCareerCentral/status/1021334201028664833)
Common signs include: isolation, mood/sleep change, hostility, reckless behavior, hopelessness, & burdensomeness #lawyersuicideawareness

Other signs: purposelessness, ideation (idea of death by suicide), acquiring lethal means, increase in substance use #lawyersuicideawareness

A person may not say “I am going to kill myself” but they may say, “My family would be better off without me.” #lawyersuicideawareness

An alarming stat to say the least. #LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

We can all make a difference. Know the warning signs: afsp.org/about-suicide/... #lawyersuicideawareness
Idaho State Bar
@idahostatebar

Stay vigilant! Listen to your friends & family to get them the help they may need.
#LawyerSuicideAwareness twitter.com/NeeFoundation/…

11 MONTHS AGO

ABA Young Lawyers
@ABAYLD

@KYLAPtweets @ABAYLD #Fit2Practice video on substance abuse & mental health issues in profession ttps://youtu.be/LY-4F1_Ufrg #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

There are a number of resources you can consult to become better-educated about risks of suicide. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Suicide risk warning signs. apa.org/topics/suicide... #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

The CDC @cdc.gov gives helpful info. cdc.gov/violencepreven... #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

What to look for? mentalhealth.gov/what-to-look-f... #LawyerSuicideAwareness

11 MONTHS AGO
Too often, everyone around will say there were no signs. How could there be no signs?
#lawyersuicideawareness

Be concerned if someone you know: 1) Talks about suicide 2) Has trouble eating or sleeping . . .
#LawyerSuicideAwareness

3) Exhibits drastic changes in behavior 4) Withdraws from friends or social activities . . .
#LawyerSuicideAwareness

5) Loses interest in school, work or hobbies 6) Prepares for death by writing a will, making final arrangements. #LawyerSuicideAwareness

7) Gives away prized possessions 8) Has attempted suicide before 9) Takes unnecessary risks . . .
#LawyerSuicideAwareness

10) Has recently experienced serious losses 11) Seems preoccupied with death and dying . . .
#LawyerSuicideAwareness
ABA for Law Students
@abalsd

Some resources for #LawyerSuicideAwareness from @bcuban @ABACoLAP @DC_Bar @gocli
abaforlawstudents.com/2017/03/28/res...

11 MONTHS AGO

NBA YLD
@nba_yld

Ultimately, we must be as concerned for our fellow lawyer as we are crossing off To Do List. It is that important! #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

12) Loses interest in their personal appearance 13) Increases alcohol or drug use.
#LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

All of these things need not be present, but you must look at the totality of the circumstances.
#LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

Stay informed with these resources for #LawyerSuicideAwareness courtesy of @abalsd @bcuban @ABACoLAP @DC_Bar & @gocli twitter.com/abalsd/status/

11 MONTHS AGO
How can you help a classmate, colleague or loved one who may be in need of assistance?

#Lawyer Suicide Awareness

![Image](https://storify.com/SaraBSmith84/twitter-chat-on-suicide-in-the-legal-profession.html)

**ABA COLAP**

@ABACoLAP · 11 MONTHS AGO

How can you help a classmate, colleague or loved one who may be in need of assistance?

#LawyerSuicideAwareness pic.twitter.com/6TSGq9vzmi

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**Dave Nee Foundation**

@NeeFoundation

Listen, tell them you care, be direct & ask questions, restrict access to lethal means

#lawyersuicideawareness

11 MONTHS AGO

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**Idaho State Bar**

@idahostatebar

One of the most important questions. How can you help someone who may be in need?

#LawyerSuicideAwareness twitter.com/ABACoLAP/statu...

11 MONTHS AGO

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**Dave Nee Foundation**

@NeeFoundation

It is OK to ask someone “Are you thinking of suicide?” #lawyersuicideawareness

11 MONTHS AGO
We could all use these resources by the Aba for Law Students! Look below. 
#LawyerSuicideAwareness twitter.com/idahostatebar/...

Good advice for someone you think might be in need of assistance. #LawyerSuicideAwareness twitter.com/NeeFoundation/...

In an acute crisis, try not leave the person alone unless you yourself are in danger of being harmed and call 911 #lawyersuicideawareness

Other good resources to contact in a crisis include @800273TALK and @CrisisTextLine #lawyersuicideawareness

@NeeFoundation makes Uncommon Counsel presentations b/c we know that people are likely to confide in a friend first. #lawyersuicideawareness

I wish someone would have asked me back in 2007. Signs were ALL there. #LawyerSuicideAwareness
Dave Nee Foundation
@NeeFoundation

No need to be a therapist for you or for your colleague. Know the signs. Ask the ?s. Get help or refer to help. #lawyersuicideawareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

People who die by suicide/have attempted often indicate/d they felt like a burden. Let people know they are loved. #lawyersuicideawareness

11 MONTHS AGO

UConn Law DOS Office
@UConnLawDOS

I highly recommend adding @NeeFoundation Uncommon Counsel presentation to your calendar of events. #lawyersuicideawareness twitter.com/NeeFoundation/...

11 MONTHS AGO

NBA YLD
@nba_yld

@CBMcNairEsq @NeeFoundation We are so sorry to hear that. This is why we are having this type of conversation. We need to be empowered. #LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

"Let people know they are loved." #LawyerSuicideAwareness twitter.com/NeeFoundation/...

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Don’t be afraid to reach out to someone you are concerned about. If you think a suicide risk exists, BE BRAVE! #LawyerSuicideAwareness

11 MONTHS AGO
KY Lawyer Assistance
@KYLAPtweets

There are many simple things you can do to offer assistance to someone in need. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

You don’t have to have special training to help save a life, but training is available (sometimes it’s free) #LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

"BE BRAVE!" #LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

QPR, which stands for Question, Persuade, Refer, offers gatekeeper training. qprinstitute.com #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Are you at risk now? Call 1-800-273-TALK(8255) or Text 741741. Suicide Prevention Lifeline. #LawyerSuicideAwareness

11 MONTHS AGO

NBA YLD
@nba_yld

While the rate of Black American suicides is low, it is the 3rd leading cause of death for Black men 19-24. #LawyerSuicideAwareness

11 MONTHS AGO
KY Lawyer Assistance
@KYLAPtweets

Suicide Prevention Lifeline. TheLifeline @800273TALK suicidepreventionlifeline.org #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Find specific resources for LGBTQ, Native Americans, veterans, deaf / hoh and others. SUICIDEPREVENTIONLIFELINE.ORG #LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

Are you at risk? Call 1-800-273-TALK(8255) or text 741741. #LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

11 MONTHS AGO

Tish Vincent MSW Esq
@realist3

Can people become suicidal because of financial stress? #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Suicide Prevention Resource Center sprc.org SPRC @SPRCtweets. #LawyerSuicideAwareness

11 MONTHS AGO

Tish Vincent MSW Esq
@realist3

#LawyerSuicideAwareness. Can people become suicidal because of financial stress?

11 MONTHS AGO
Cassandra B. McNair
@CBMcNairEsq

@nba_yld @NeeFoundation I'm now on the Indiana Judges & Lawyers Assistance Program committee. I don't want anyone else to go through that. #LawyerSuicideAwareness

Beya
@MMabeya

Why don't the bar associations and law schools have support groups and #LawyerSuicideAwareness forums??

twitter.com/NeeFoundation/…

NBA YLD
@nba_yld

That is exactly why we partnered with the @ABACoLAP to bring this forum this afternoon! We must do more. #LawyerSuicideAwareness
twitter.com/MMabeya/status…

Beya
@MMabeya

Those are scary statistics. #LawyerSuicideAwareness
twitter.com/KYLAPtweets/st…

Dave Nee Foundation
@NeeFoundation

@realist3 #LawyerSuicideAwareness Suicide’s a complex issue.$ stress is usually not a sole reason 4 a suicide attempt but can be a contributing factor

KY Lawyer Assistance
@KYLAPtweets

@MMabeya The stigma of suicide/taboo of the topic. The conversation is just getting started, and each bar can take the lead. #LawyerSuicideAwareness

https://storify.com/SaraBSmith84/twitter-chat-on-suicide-in-the-legal-profession.html
What can law schools do to better address these issues? #LawyerSuicideAwareness
cpic.twitter.com/CtoDKarlIN

@ABACOLAP · 11 MONTHS AGO

Train faculty on the issue. Not all law students will see a counselor but all law students will see faculty members. #LawyerSuicideAwareness

@NeeFoundation · 11 MONTHS AGO

@realist3 Yes! Anything that makes you feel hopeless can cause suicide. #LawyerSuicideAwareness

@CBMcNairEsq · 11 MONTHS AGO

Provide access to mental health services on the law campus or within the law school itself. #LawyerSuicideAwareness

@NeeFoundation · 11 MONTHS AGO
Monitor attendance. A student’s attendance habits could provide vital information.  
#LawyerSuicideAwareness

Many lawyers who die by suicide had secretly dealt with financial struggles. It was a piece of the puzzle. #LawyerSuicideAwareness

Listen to students. Learn names. Ask students how they are doing not just how their grades are doing.  
#LawyerSuicideAwareness

A question for law students, law professors, and school administrators here.  
#LawyerSuicideAwareness twitter.com/ABACoLAP/statu...

Promote and encourage wellness and self-care. Consider limiting the number of campus events that include alcohol.  
#LawyerSuicideAwareness

Have a postvention plan in place if a student does die by suicide. Please see hemha.org/postvention_gu...  
#LawyerSuicideAwareness
Dave Nee Foundation
@NeeFoundation

Invite the local LAP or LCL @ABACoLAP to speak to law students about services available. #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

Know the current research jle.aals.org/home/vol66/iss... #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

Use the @ABACoLAP mental health toolkit goo.gl/ovtF8P #LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

@ABACoLAP @IdahoLawFaculty @Concordia_Law join the conversation using #LawyerSuicideAwareness

11 MONTHS AGO

Dave Nee Foundation
@NeeFoundation

Provide a safe and anonymous way in which members of the law school community can report a concern about a student. #LawyerSuicideAwareness

11 MONTHS AGO
What can law firms do to better address these issues? #LawyerSuicideAwareness
pic.twitter.com/ry5HVrBlzd

ABA COLAP @ABACOLAP · 11 MONTHS AGO

Law schools should also make information about their state's lawyers assistance prgrm prominent #lawyersuicideawareness

TLAPHelps @TLAPHelps · 11 MONTHS AGO

Law firms have historically done a poor job assisting their lawyers with balancing their work and personal lives #LawyerSuicideAwareness

KY Lawyer Assistance @KYLAPtweets · 11 MONTHS AGO

Based on the statistics of addiction, depression, & anxiety, the legal profession is no longer a sustainable one. #LawyerSuicideAwareness
KY Lawyer Assistance
@KYLAPtweets

Law firms & bar associations should undertake wellness initiatives that target the whole lawyer. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

De-stigmatizing mental health issues like addiction & depression in the legal profession is critical. @NoStigmas #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Teaching lawyers to recognize mental health issues & encouraging and supporting treatment is key. #LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar
@idahostatebar

@TLAPHelps We couldn’t agree more! #LawyerSuicideAwareness

11 MONTHS AGO
Recognizing depression [youtube.com/watch?v=XlCn...](https://youtube.com/watch?v=XlCn...), “I had a black dog” World Health Organization. #LawyerSuicideAwareness

A Terrible Melancholy: Depression In The Legal Profession [youtube.com/watch?v=B17-G8...](https://youtube.com/watch?v=B17-G8...) #LawyerSuicideAwareness
Supporting life balance with mind-enhancing practices like mindfulness meditation should be a part of firm culture. #LawyerSuicideAwareness

The society has elevated lawyers to a position of "problem solver" and looks down on those seeking help

A #lawstudent version of this toolkit is available here. abaforlawstudents.com/events/initiat... #LawyerSuicideAwareness twitter.com/NeeFoundation/... 

Mindfulness for Lawyers @AnxiousLawyer, TheAnxiousLawyer.com @dailyom @mindfuleveryday @MindfulOnline #LawyerSuicideAwareness

LawyersWithDepression.com, @DanLukasik @RethinkDep Rethink Depression #LawyerSuicideAwareness
My friend/colleague says they are not suicidal but I see a lot of cuts on their wrists. What is cutting?

#LawyerSuicideAwareness pic.twitter.com/cFYry0Xqka

@ABACOLAP ABA COLAP · 11 MONTHS AGO

Individuals who demonstrate the ability to inflict pain/harm are more at risk for suicide.

#LawyerSuicideAwareness

@NeeFoundation Dave Nee Foundation · 11 MONTHS AGO

Idaho firms! What are you doing to support work-life balance within your office cultures?

#LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

@idahostatebar Idaho State Bar · 11 MONTHS AGO

Cutting or burning are called nonsuicidal self-injury. They are deliberately harming the surface of your own body.

#LawyerSuicideAwareness

@KYLAPtweets KY Lawyer Assistance · 11 MONTHS AGO
Dave Nee Foundation
@NeeFoundation

The person may not be suicidal but they should still seek help. #LawyerSuicideAwareness

11 MONTHS AGO

Beya
@MMabeya

Depends on how close your relationship/friendship is, otherwise you lead them to open up without popping the quiz #LawyerSuicideAwareness twitter.com/NeeFoundation/...

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Cutting isn’t usually a suicide attempt, but an unhealthy way to cope w/ emotional pain, intense anger, frustration. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Find info / help for self-injury at mayoclinic.org/diseases-condi.... #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

If you have a friend or loved one who is self-injuring, you may be scared. Take all talk of self-injury seriously. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

Although you may feel you're betraying a confidence, self-injury is too big a problem to ignore or deal with alone. #LawyerSuicideAwareness

11 MONTHS AGO
ABA CoLAP  
@ABACoLAP

Thank you to our guests @NeeFoundation & @KYLAPtweets and to everyone who participated!  
#LawyerSuicideAwareness

11 MONTHS AGO

Idaho State Bar  
@idahostatebar

Get more info on how to help those who may be self-harming, but not necessarily suicidal  
#LawyerSuicideAwareness twitter.com/KYLAPtweets/st...

11 MONTHS AGO

ABA CoLAP  
@ABACoLAP

A recap of the discussion will be posted online at ambar.org/colap. #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance  
@KYLAPtweets

Gently encourage the person who is cutting or self-injuring to seek medical and mental health treatment.  
#LawyerSuicideAwareness

11 MONTHS AGO
Does anyone have any final questions or comments? #LawyerSuicideAwareness
pic.twitter.com/HG8glu2sgL

ABA COLAP @ABACoLAP · 11 MONTHS AGO

Thank you to @ABACoLAP, our guests and those who participated in our Twitter Town Hall on #LawyerSuicideAwareness

NBA YLD @nba_yld

11 MONTHS AGO

If you missed the chat, check out the recap from @ABACoLAP online!
#LawyerSuicideAwareness twitter.com/ABACoLAP/statu...

Idaho State Bar @idahostatebar

11 MONTHS AGO

ABA CoLAP @ABACoLAP

Thank YOU, @nba_yld #LawyerSuicideAwareness

11 MONTHS AGO
ABA Young Lawyers
@ABAYLD

@ABAYLD operator had a lawyer (nonYL) friend who committed suicide recently. How do survivors cope w/ guilt? #LawyerSuicideAwareness

11 MONTHS AGO

Beya
@MMabeya

@lawsocietykenya when can we see such an initiative trending in our TLs or #LawyerSuicideAwareness forums in our law schools and workshops??
twitter.com/MMabeya/status...

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

If you missed the chat, check out the recap from @ABACoLAP online!
#LawyerSuicideAwareness

11 MONTHS AGO

NBA YLD
@nba_yld

@NeeFoundation @ABACoLAP @KYLAPtweets What a great last question. Survivor’s guilt can be debilitating! #LawyerSuicideAwareness twitter.com/ABAYLD/status/...

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

@ABAYLD SUICIDE SURVIVOR SUPPORT GROUPS BY STATE suicide.org/suicide-support... #LawyerSuicideAwareness

11 MONTHS AGO

KY Lawyer Assistance
@KYLAPtweets

@nba_yld @NeeFoundation @ABACoLAP Postvention Guidelines After a Suicide. actionallianceforsuicideprevention.org/sites/actional... #LawyerSuicideAwareness

11 MONTHS AGO
Katrina Lee @katrinajunelee

Law profs & students, check out this toolkit. We need to talk abt mental health & legal profession in our classrms. #LawyerSuicideAwareness twitter.com/abalsd/status/

11 MONTHS AGO

Cassandra B. McNair @CBMcNairEsq

@ABACoLAP You are never alone. Your local LAP is always there to help. We are ethically obligated to remain confidential. #LawyerSuicideAwareness

11 MONTHS AGO

Beya @MMabeya

Provision of free counselling and easy access to counselling for the students #LawyerSuicideAwareness twitter.com/ABACoLAP/statu... 

11 MONTHS AGO

NJ Lawyers Assistance @NJlap08901

In New Jersey, contact the NJLAP at 800-246-5527. Whatever the problem, you need't manage alone. #LawyerSuicideAwareness

11 MONTHS AGO

Cassandra B. McNair @CBMcNairEsq

@nba_yld @NeeFoundation It is CRITICAL for minority lawyers to be represented on LAPs. Many stressors are unique to minority attys. #LawyerSuicideAwareness

11 MONTHS AGO

UConn Law DOS Office @UConnLawDOS

If you missed @ABACoLAP Live Tweet on #LawyerSuicideAwareness with @NeeFoundation, the recap will be posted online. twitter.com/ABACoLAP/statu...

11 MONTHS AGO
Khyla Craine
@kcraine

One of our final programs as Chair of the @nba_yld! I am so proud that we were able to have a discussion about #LawyerSuicideAwareness

Karen DeMeola
@KarenDeme

If you missed @ABACoLAP #LawyerSuicideAwareness tweet with @NeeFoundation, the recap will be posted online. twitter.com/abacolap/statu...

Karen DeMeola
@KarenDeme

Thank you @ABACoLAP and @NeeFoundation for the live tweet today. Necessary and informative. #LawyerSuicideAwareness

Idaho State Bar
@idahostatebar

We echo this thank you! @ABACoLAP @NeeFoundation & @KYLAPtweets provided some great info & resources to assist with #LawyerSuicideAwareness twitter.com/KarenDeme/statu...

Cassandra B. McNair
@CBMcNairEsq

Indiana attorneys & law students can contact Indiana JLAP for confidential, caring help: in.gov/judiciary/ijla... #LawyerSuicideAwareness

Idaho State Bar
@idahostatebar

Continue the discussion! #LawyerSuicideAwareness We provide a Lawyer Assistance Program for those at-risk. Info here isb.idaho.gov/member-service...
KY Lawyer Assistance
@KYLAPtweets

@NJlap08901 The source is @NIMHgov. can't find the cite but that is the source of the number (66 deaths per 100,000 #LawyerSuicideAwareness

11 MONTHS AGO