



How LCL Can Help

<u>Areas of Support</u>	<u>Services Offered</u>
❖ Stress	❖ Short-Term Counseling
❖ Anxiety	❖ 24-Hour Hotline
❖ Depression	❖ Peer Support
❖ Alcohol/Substance Use	❖ Group Support
❖ Grief	❖ Coaching
❖ Eating Disorders	❖ CLE Programming
❖ Toxic Workplaces	❖ Intervention Support
❖ <u>Anything</u> causing stress or distress	❖ Well-being Resources

LCL Support Groups: Solo/Small Practice Connections Group; ADHD Support Group; Discipline and Practice Group; Well-Being Group; Family Support Group; Parenting Group

ALL SUPPORT IS FREE & CONFIDENTIAL

LCL offers Free and Confidential support to all Minnesota lawyers, judges, law students, legal staff and their immediate family members for any issue that causes stress or distress.