



The American Bar Association's Judicial Assistance Committee is proud to announce that after months of planning there is a new tool for providing help for Judges in distress. Unfortunately, Judges face the same challenges to their physical, mental and emotional health, as do other members of society. In fact, it is their unique position in society that often renders help for such challenges critically important but difficult.

Now, Judges who need assistance because substance abuse and/or dependence, depression, family problems, etc. have the option of calling the ABA's CONFIDENTIAL National Helpline For Judges: 1-800-219-6474.

Judges who have volunteered to be a personal resource to other Judges throughout the United States and Canada are uniquely positioned to share their experiences, strengths and hope. Both judges in need of help and those interested in serving as a peer-to-peer volunteer should call: **1-800-219-6474 during business hours, central time. All information is confidential and protected by statute.**

The National Judges' Assistance Helpline is a service of the ABA Commission on Lawyer Assistance Programs Judicial Assistance Program's Initiative and is administered by the Texas Lawyers' Assistance Program.