

3 Minute Checkup

Stress & Anxiety

Two or more continuous weeks of:

- Anxiety, frustration, irritability
- Feeling on edge
- Feeling overwhelmed
- Difficulty sleeping
- Fatigue, headaches, muscle aches
- Lowered productivity & performance
- Catastrophic thinking

Depression

Two or more continuous weeks of:

- Feeling sad, lonely, despair, hopeless
- Over / under reaction to events
- Problems concentrating / remembering
- Difficulty making decisions
- Changes in appetite & weight
- Insomnia or want to sleep all the time
- Loss of enjoyment (hobbies / interests)
- Unmotivated, apathy, boredom

Substance Abuse or Dependency

- Have you ever felt you should cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt guilty about your drinking or drug use?
- Have you ever had a drink or other drug to steady your nerves or relieve a hangover?
- Have you ever broken a promise to reduce your drinking or drug use or to quit altogether?
- Has drinking or drug use interfered with your work, marriage or other commitments?
- Have you ever lied to cover up your drinking or drug use?
- Are you drinking or using drugs during the work day?
- Are you coming to work after a long night of drinking or drug use and then counting the hours until the end of the work day to have a drink or use again?

Compulsive Gambling

- Has gambling adversely affected your marriage, reputation or career?
- Have you had problems sleeping because of gambling?
- Are you ever reluctant to use "gambling" money to pay bills?
- Do you ever gamble longer or spend more money than planned?
- Have you had to sell things to finance your gambling?
- After a win, do you have a strong urge to return and win some more?
- Do you ever gamble to get money with which to pay debts?
- Do arguments, frustrations or disappointments create an urge within you to gamble?
- Does gambling or thinking about gambling interfere with work, family, or other commitments?
- Have you ever borrowed client's monies to cover your gambling debts or to finance your gambling?

DE-LAP CAN HELP!

THE DELAWARE LAWYERS ASSISTANCE PROGRAM (DE-LAP)

(877) 24DELAP (243-3587)

(302) 777-0124

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www.de-lap.org

Is Someone You Know In Distress?

Anxiety, Depression, Alcohol & Drug Abuse, Problem Gambling

These illnesses ruin marriages and careers, break up families and law firms, undermine financial security, destroy a person's physical and mental health, may lead to incarceration and, sometimes, to a premature death. But all of this is avoidable if the illness can be identified and treated in time. If you are concerned about someone, call us before they suffer any more harm.

We can help.

Lawyers Concerned for Lawyers Confidential Helpline: 1-888-999-1941

www.lclpa.org

Attendance Problems

- Late
- Leaving early
- Taking "long lunches"
- Not returning to work after lunch
- Missing appointments
- Unable to be located
- Ill with vague ailments
- Absent (especially Mondays/Fridays)
- Frequent rest room breaks
- Improbable excuses for absences
- Last minute cancellations

Relationship Problems

- Complaints from clients
- Problems with supervisors
- Disagreements or inability to work with colleagues
- Avoidance of others
- Irritable, impatient
- Angry outbursts
- Inconsistencies or discrepancies in describing events
- Hostile attitude
- Overreacts to criticism
- Unpredictable, rapid mood swings

Personal Problems

- Legal separation or divorce
- Credit problems, judgments, tax liens, bankruptcy
- Frequent illnesses or accidents
- Arrests or warnings involving the use of alcohol or drugs
- Isolating from friends, family & social activities

Trust Account

- Checks not deposited
- Debit card withdrawals
- Incomplete or irregular records
- Pay office expenses from trust
- Pay personal expenses
- "Borrowing" from trust
- Failure to timely disburse
- Incomplete accounting for receipts & disbursements

Performance Problems

- Missed deadlines
- Decreased efficiency
- Decreased performance after long lunches involving alcohol
- Inadequate follow through
- Lack of attention
- Poor judgment
- Inability to concentrate
- Difficulty remembering details or directions
- General difficulty with recall
- Blaming or making excuses for poor performance

Miscellaneous

- Failure to renew law license
- Non-compliance with CLE
- Non-responsive to Discipline
- Lapsed insurance policies
- Failure to file tax returns
- Failure to pay taxes