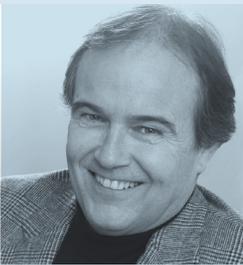




LAWYERS ASSISTANCE PROGRAM



Derek LaCroix, Q.C.

As the Executive Director of the Lawyers Assistance Program, I have had the opportunity to speak directly with hundreds of lawyers throughout the province. The following observations may be of interest and value to everyone practicing in this demanding profession.

The Lawyers Assistance Program is an independent organization of members of the legal community (lawyers, judges, families and support staff). We provide peer support and referral services to help people deal with personal problems, including, alcohol and drug dependence, stress, anxiety, and depression. We are volunteers and staff committed to providing confidential, compassionate, and knowledgeable, outreach, support and education. We seek to foster collegiality among our peers and to promote health and well-being in our community.

You can reach LAP at 604-685-2171 or toll free 1-888-685-2171.

LEGAL BRIEF

LAP - Be Part of The Solution!

The Lawyers Assistance Program Society of B.C. is an independent organization of members of the legal community (lawyers, judges, families and support staff). We provide peer support and referral services to help people deal with personal problems, including, alcohol and drug dependence, stress, anxiety, and depression. We are volunteers and staff committed to providing confidential, compassionate, and knowledgeable outreach, support and education. We seek to foster collegiality among our peers and to promote health and well-being in our community.

There are several ways to be involved with LAP.

- 1 Ask for assistance for yourself.
- 2 Attend one of our "Healthy Living" seminars or one of our ongoing support groups.
- 3 Volunteer to help others.
- 4 Call and let us know if you observe another member who may be in distress.

Each call we receive is treated as confidential. We treat each communication as having solicitor/client confidentiality.

Once we receive two (2) independent calls/referrals about a person who is exhibiting behaviours that are causing concern to others, we approach the person.

Myself and/or other staff, sometimes together with a volunteer, who have worked through our own difficulties and are in a position to have compassion for the individual, make the approach. We are nonjudgmental; we do not prejudge or pre-assess the person. We are concerned with observations of behaviours and conduct, not with conclusions about the cause of those behaviours.

"I didn't know so many others had similar thoughts or felt the same way."

Our approach involves presenting information (without identifying the source) to the individual, asking them what is going on, and offering assistance and/or information.

This is all done in the strictest of confidence. We base our approach on empathy and compassion. We are nondisciplinary. And we are respectful of each person.

Confidentiality
is a Cornerstone!

LAP



LAWYERS
ASSISTANCE
PROGRAM

Call today.
We can help.

Telephone: 604-685-2171

Toll free: 1-888-685-2171

Fax: 604-685-2179

Email: info@lapbc.com

Website: www.lapbc.com

415 -1080 Mainland Street

Vancouver, BC V6B 2T4

We offer short term counselling, practical assistance, referrals, assessments, information, and ongoing support.

In talking with many lawyers, I have found a lot of concern for our profession and a lot of goodwill among our members. There does, however, seem to be a reluctance to interfere in other's lives - perhaps to risk confrontation - LAP is not asking you to interfere in anyone's life or to jeopardize anyone in anyway.

If you find yourself talking about someone you think is having a problem - be constructive and share your concerns with LAP - call me at 1-888-685-2171 or call one of the local LAP representatives.

We will not contribute in any way to the spreading of gossip. We will provide the individual an opportunity to understand the impression they are making on others and offer information and assistance which can be life saving.

No harm will be done and possibly a great deal of good can be accomplished.

Many times I have called, to ask about a person and to offer help, and have been greeted by a welcoming and sometimes even a relieved person.

Don't be part of the problem
- (Avoidance and Gossip)

Be part of the solution -
(Compassionate Outreach)



What is LAP?

LAP – Lawyers Assistance Program provides confidential outreach, support, education, and referrals for members of the legal community (lawyers and their families, judges, support staff and law students) suffering from alcohol and/or chemical dependence, stress, anxiety, depression or just about any type of personal problem.

