



How to Help:

Suicide Awareness and Prevention

Are you or someone you know having thoughts of suicide? Has a friend or colleague confided in you? There's always help. Call 911 for emergencies or text the National Suicide Hotline at 988. The LAP is here to help with **non-crisis** guidance as well, give us a call. 518-487-5688.

Common symptoms of suicidal ideation include:

Negative feelings: worthlessness, hopelessness, guilt, shame, being trapped **OR** becomes suddenly joyous and carefree.

Changes in behavior: saying goodbye, giving away possessions, sudden interest in purchasing a gun, increasing use of alcohol or drugs and other reckless behaviors.

Loss of Interest: in life activities-work, hobbies, self-care.

Isolating: canceling plans, missing work, not responding to calls or texts.

Talks of death or suicide: no interest in living, discusses suicide plans, states they want to die.

Physical ailments: headaches, body aches and pains, with no obvious physical cause.

How you can help:

- Reach out and ask if they're ok. Let them know they're not alone, that you are there for them. Be kind, empathetic, and patient.
- You may wish to have another person with you who is familiar with the situation, someone who has struggled with depression or suicidal ideation in the past if possible.
- Ask if they are thinking of taking their life. If yes, ask them if they have made a plan. **Listen without judgement.** Ask them if they are intending to follow through on this plan. Have they worked through the details? Have they anything in place to make it happen?
- **If there is an immediate plan and available means, or they are actively harming themselves, call 911.**
- Do not leave them alone. Arrange for others to stay with them if you cannot for whatever reason.
- Remove all means of harm from their surroundings. Firearms and medications especially.
- Call the Suicide and Crisis Lifeline at 988, have them talk with the counselor.
- Ask how else you can help. Offer to connect them with supports; family, doctors, therapists, etc.

Do:

- Speak clearly and directly about suicide.
- Listen and be patient.
- Be available, get involved, **follow through.**
- Offer hope and help.
- Remove pills, weapons, and other means.
- Call 911 if there is immanent danger to the person or others.

Don't:

- Ignore the behaviors.
- Shy away from talking about suicide.
- Say that things "aren't that bad" or "you don't mean it".
- Judge their thoughts and feelings.
- Promise actions you can't follow through with.

Resources for Lawyers

Lawyer Focused Resources

[Lawyers Depression Project](#)- online peer-led support group for legal professionals who suffer from depression, anxiety, bipolar, OCD, eating disorders, trauma, addiction and other mental health conditions. Confidential and free. Sign up on the website.

[Lawyers Depression Support Group](#)-online support group facilitated by a mental health professional for legal professionals struggling with a range of mental and emotional health challenges. Confidential and free. Meets Fridays 12:30-1:30 pm. Contact Anne Noble anoble@eriebar.org for Zoom link.

[Onondaga County Lawyers Depression Group](#)-in-person once a month meeting facilitated by a mental health professional for legal professionals struggling with depression, anxiety, trauma and other mental and emotional health struggles. Confidential and free. Contact [Jeff Unaitis](#) for meeting date and time, and location.

[Lawyers with Depression](#) website. Hosted by Dan Lukasik, a lawyer living and working with major depressive disorder, this comprehensive website provides information, guidance, and other resources for the lawyer struggling with depression.

Additional Resources

[NYS Crisis Text Line](#) Text Got5 to 741741

[NYS Office of Mental Health](#)

[Substance Abuse and Mental Health Services](#) (SAMHSA)

[National Alliance on Mental Illness](#) (NAMI)

[Anxiety and Depression Association of America](#) (ADAA)

Suicide and Crisis LIFELINE
Call or text 988



The graphic features a dark blue background with a red telephone handset on the right side. On the left, the text reads: "Lawyer Assistance Program" with a small logo above it. Below that, it says: "If you or someone you know is struggling with mental, emotional, or substance abuse issues call the Lawyer Assistance Program Hotline". The phone number "877-772-8835" is prominently displayed in white. At the bottom, there is a black box with the hashtag "#useyourfour" in white.

The LAP Hotline is available 24/7 for anyone needing support. NYSBA members are eligible for four free counseling sessions through a Hotline referral.

For information on how to manage a temporarily transition out of the practice of law, download [NYSBA's Planning Ahead Guide](#).

**Don't hesitate to contact the LAP
518.487.5688 or lap@nysba.org. Staff can
provide referrals, resources and connections to
individual and group peer support.**

www.nysba.org/lap