

Mental Health & Wellness Resources for Fordham Law Alumni

New York City Lawyers Assistance Program (NYC LAP)

- The [New York City Bar Lawyer Assistance Program](#) (NYC LAP) is a free, confidential service, available to attorneys, judges, law students and their family members in New York City, who are struggling with stress, anxiety, depression, alcohol or drug abuse, and other addictions and mental health issues. NYC LAP typically offers free counseling sessions at its office at 42 West 44th Street, and it will be offering free virtual sessions for the duration of the social distancing period.
- To make an appointment, or if you have any questions about NYC LAP's services or resources, please email Eileen Travis at etravis@nycbar.org. You can also call NYC LAP's confidential helpline at 212-302-5787.

Referral Services Through Fordham Counseling & Psychological Services

- Fordham [Counseling & Psychological Services \(CPS\)](#) offers referral services to all Fordham University alumni. Call the office at 212-636-6225 to arrange a consultation.

Online Resources

- [Lawyers Depression Project](#): Offers a confidential online forum and bi-monthly online peer-to-peer support group meetings for legal professionals suffering from depression, anxiety, bipolar disorder, OCD, eating disorders, trauma, sexual abuse, addiction, and other mental health conditions.
- [PsychCentral](#): Offers information, resources, screening tests, and support groups for people experiencing mental health issues.
- [National Alliance on Mental Illness](#): Offers guidance, support, and resources for individuals living with mental health conditions, as well as family members and caregivers.
- [Alcoholic Anonymous](#)
- [Narcotics Anonymous](#)
- [National Eating Disorders Association](#)