



TEXAS LAWYERS' ASSISTANCE PROGRAM

Call or Text 1-800-343-TLAP
www.TLAPHelps.org



TLAP Resources

- TLAPhelps.org
- [TLAP Support Toolbox](#)
- [Resources by City](#)
- [Commission on Lawyer Assistance Programs](#)
- [Online/Telephonic Support Groups, Mental Health Resources, and Support](#)

Free CLE

- Just Ask: How We Must Stop Minding Our Own Business in the Legal World (Suicide & Depression Prevention Essentials)
- <https://www.texasbarcle.com/new/Register.asp>

Resources

- National Alliance Mental Illness - 800-950-6264, text "NAMI" to 62640, or chat online.
- 211 - Texas is a statewide, free, and anonymous social service hotline. For lawyers or even client's need, it provides information and referrals to community and social services, including food pantries, emergency shelter, rent assistance, utility bill assistance, child care, and senior services. It's available 24/7, 365 days a year.
- 988 - Suicide and Crisis Lifeline

TLAP Staff



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