



Your Well-Being Resource
CONFIDENTIAL FREE SUPPORT

THE COLORADO LAWYER ASSISTANCE PROGRAM

COLAP is the free, confidential, and independent program for Colorado's legal community. Our mission is to promote well-being, resiliency, and competency in the legal profession. COLAP provides a variety of resources to help individuals mitigate professional stressors and address personal concerns. Pursuant to [Rule 254](#), all communications with COLAP are privileged and confidential.

WHAT HAPPENS WHEN YOU CONTACT COLAP?

- ☛ A COLAP clinician will schedule your free and confidential consultation.
- ☛ We listen to your issues and concerns, ask relevant questions, and provide professional coaching.
- ☛ You will receive practical tips, tailored resources, and individualized “next steps.”

COLAP HELPS WITH TOPICS INCLUDING:

- ☛ Stress management
- ☛ Anxiety, depression, compassion fatigue and secondary trauma
- ☛ Concern for the well-being of a colleague or family member
- ☛ Mental health, addiction, or substance use issues
- ☛ Professional or career related issues
- ☛ You are overwhelmed and “don't know where to begin”

COLAP FREE AND CONFIDENTIAL SERVICES INCLUDE:

- ☛ Consultations
- ☛ Ethics CLE presentations on wellbeing topics
- ☛ Workplace consultations to support leadership in creating a culture of well-being
- ☛ Therapeutic and clinical referrals
- ☛ Recovery and mental health support
- ☛ Connection with peer-to-peer assistance
- ☛ Referrals to other available resources
- ☛ Literature, articles, and tips for legal professionals
- ☛ Critical incident/traumatic event support and processing

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