

Rhode Island Bar Association

Wellness Resources

Lawyers Helping Lawyers & Coastline EAP

RI Bar Association members and their dependents may receive free confidential help for personal concerns through the Lawyers Helping Lawyers Program. Services are available through the Association's contract with Coastline Employee Assistance Program and through the members of the RIBA's Lawyers Helping Lawyers Committee. To discuss your concerns you may call Coastline EAP, contact a Lawyers Helping Lawyers Committee member, or use both resources.

Coastline EAP is a private, non-profit consulting service. They ensure confidentiality and protect your privacy. Visit their website at www.coastlineeap.com.

Lawyers Living Well

Under the leadership of former Bar President Linda Rekas Sloan, a page was created in the For Attorneys section of the Bar's website called Lawyers Living Well. This page offers a compilation of resources to help attorneys find a work-life balance focusing on mindfulness, fitness, and overall wellness. It features articles written by Bar members, and provides links to websites, apps, and articles focusing on how to stay healthy and well in your personal life and career. Visit our website at

www.ribar.com

Don't forget to follow us on social media for weekly Wellness Wednesday tips!

Lawyers Helping Lawyers Community Resources

Rhode Island Bar members can read nationally published articles related to stress reduction, depression, and lawyer well-being on the Bar's Lawyers Helping Lawyers Community Resources webpage.

WellTrack

Your Bar's Lawyers Helping Lawyers Committee, in partnership with Coastline EAP, is affiliated with WellTrack®, a free, online self-help program that assists with depression, anxiety, stress, and phobias (e.g., fear of heights). WellTrack® can be easily and conveniently accessed whenever and wherever works for you. WellTrack® is not an emergency service or for use when you are experiencing acute mental health or suicidal concerns. Coastline EAP clinicians remain available 24/7 for confidential assistance. Visit their website at coastlineeap.welltrack.com.