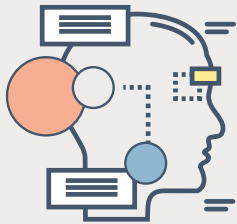


FREE

Wellness Resources

Compliments of  **STATE BAR**
of **NEW MEXICO**
JUDGES AND LAWYERS
ASSISTANCE PROGRAM

- **Well-Being Webinars:** Free webinars have been recorded and posted on this website www.solutionsbiz.com. To access the webinar simply click on the "Employee Assistance Program" link, then "webinar" and scroll down to "Managing Stress in Difficult Times".
- **Counseling:** The EAP counselors are readily available to provide confidential and FREE video and phone counseling. Someone is available to answer your call 24 x 7. To access this service call 866-254-3555 and identify yourself with the New Mexico Judges and Lawyers Assistance Program.



- **Mental Health Resources:** Mental Health Resources for the Legal Profession during COVID-19: <https://bit.ly/3dRW27P>
 - **Support Groups:** The NMJLAP hosts an Attorney Support Group every Monday evening from 5:30-6:30pm via Zoom. We share our struggles, support and encourage one another. This is a time to stay connected and socialize via the internet. ALL ARE WELCOME. Send Pam Moore an email at pmoore@nmba.org and she will provide you with the link information.
- Confidential Helpline: Judges: 888-502-1289; Lawyers and Law Students: 800-860-4914
<https://bit.ly/2wbAqSN>

**Want
More?**

Check Out the State Bar's COVID-19 Information Hub

www.nmbar.org/covid-19

- Official communications from the State Bar
- Official Communications and orders from the Supreme Court of New Mexico and other Courts
- Official Communications from Federal and State governmental agencies
- Pandemic preparedness webinars and CLE programming
- Resources for working remotely
- Mental health and wellness tips and resources
- And more!

