



Mental Health and Wellness of Florida Lawyers Committee

The Florida Bar

The Florida Bar's Mental Health & Wellness of Florida Lawyers Committee

is working to destigmatize mental illness, recommend best practices and remedies, and help bring more balance into members' daily professional lives.

You can find wellness resources on the Health and Wellness Center website:

<https://www.floridabar.org/member/healthandwellnesscenter/>

Here you'll find:

- *CLE videos,*
- *podcasts,*
- *meditations,*
- *self-assessments, studies and news articles,*
- *suggested reading,*
- *and places to find help if you need it.*



@FLWellLawyers



Florida Lawyers Helpline
833-FL1-WELL
(8 3 3 - 3 5 1 - 9 3 5 5)

Florida Lawyers Helpline
833-351-9355

This free and confidential service connects members with professional counselors. Calls are always free. You may be referred for up to five free counseling sessions per year to help you develop strategies to overcome life's challenges, balance priorities, and better handle both personal and professional pressures.

Florida Lawyers Assistance, Inc.

FLA provides programs and services to assist attorneys, judges, law students, and other legal professionals who may be impaired due to substance abuse in their ability to function in a legal setting. The backbone of FLA is a support network of recovering attorneys and judges who wish to carry the message to fellow members of their profession that recovery is possible. FLA also offers help to those suffering from depression and other mental illnesses. Find out more at: <https://www.flap.org/>



The following member benefits and more can be found at:
<https://www.floridabar.org/member/benefits/mentalhealthwellness/>



Fresh Meal Plan

Florida Bar members receive a 15% discount on Fresh Meal Plan, a service that delivers healthy, fresh meals right to your home.

eVideo Counselor

eVideo Counselor provides online face-to-face video counseling with licensed mental health therapists. Florida Bar members and their families save more than 20% per session.



Waking Up with Sam Harris App

Waking Up is much more than a meditation app, and over 40,000 five-star reviews attest to this. Discover daily mindfulness and meditation with Sam Harris—neuroscientist, philosopher, and best-selling author—and explore the theory behind the practice.

YMCA

Discounted memberships at 124 participating YMCA locations in 37 counties.

