



TLAP DESK REFERENCE

I. SOME SIGNS AND SYMPTOMS OF DEPRESSION AND SUBSTANCE ABUSE:

Consistent feelings of sadness or hopelessness

Lack of interest in people, things or activities previously enjoyed

Increased fatigue or loss of energy, restlessness or irritability

Noticeable change in appetite, weight or sleep patterns

Isolation from family, friends, colleagues

Feelings and expressions of guilt or worthlessness

Diminished ability to remember, think clearly, concentrate or make decisions

Thoughts or expressions of death or suicide

Using alcohol or drugs to bolster performance

Using alcohol/substances on the job, during the day, before appointments, meetings, deposition or court appearances

Failing to show for appointments, meetings, depositions, court appearances; failing to return phone calls

Declining quality and quantity of work product

Avoiding law partners, staff, colleagues, clients, friends and family

Drinking/using substances alone. Making excuses for, or lying about, frequency or amount

Moral, ethical and behavioral transgressions
