

# From a Fellow Traveler

*Could you use some help?*

Recently I was invited to a meeting with Bill Livingston, the director of the Lawyers and Judges Assistance Program of the State Bar of Michigan, and Tom Fitzpatrick, a professional counselor in Royal Oak who has been very active in helping attorneys in need of help.

We met because we believe there is a need for the Bar to support its members who suffer from burn-out, anxiety, stress, exhaustion, depression, and many negative influences upon the life of an attorney.

There are forms of depression that are less than clinical depression that greatly affect attorneys in their day-to-day life both inside the profession and outside. What may appear to be just a mood disorder often takes upon itself a voracious appetite to destroy the ability to find joy, satisfaction, fulfillment, and happiness in our lives.

To fill that need, we hope to establish a support group that will meet on a regular basis to offer a time, place, and professional guidance to those who wish to take advantage of such a program. Our

first effort will be in Royal Oak, and of course, we hope to be able to establish more of these groups throughout the state.

Our first goal is to try to confirm this need by having any member of the Bar contact us who feels this would be a useful tool in their life. You can help us immensely by expressing your interest in such a program by calling Bill Livingston at the State Bar (517) 346-6306 or (800) 996-5522 and letting him know of your interest. The phone call is not a commitment and you need not even give your name. The number of phone calls will be a gauge of interest only.

Further articles, perhaps a notice in the *Bar Journal*, and other communications will provide the details of when and where the group will meet. Your help will be greatly appreciated.

On behalf of our group, we thank you for your cooperation in this survey.

*Paul Gilleran is an attorney, shareholder with Dean and Fulkerson, P.C. in Troy. He asks that you direct any comments or concerns to the Lawyers and Judges Assistance Program at (800) 996-5522.*

