

N.C. LAP and BarCARES: Separate Programs, Similar Mission

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PROGRAM NAME:	N.C. LAP	BarCARES
ADMINISTERED BY:	N.C. State Bar	N.C. Bar Association
CONFIDENTIALITY:	Confidential	Confidential
ELIGIBILITY:	In-state lawyers and judges	Members of NCBA, participating local bars
WEBSITE:	www.nclap.org	www.ncbar.org/members/barcares/
PHONE NUMBER:	919.719.9269	1.800.640.0735

Numerous studies have documented the pressures faced by attorneys and the need many attorneys have for personal support and counseling. While previous studies seemed to highlight issues that surfaced as individuals practiced for several years, a more recent study by the American Bar Association noted that personal difficulties appear to be impacting even the most recent practitioners.

Both the North Carolina Bar Association and the North Carolina State Bar recognized the importance of helping fellow attorneys many years ago, establishing complementary programs to provide assistance.

Important Distinction

The N.C. Lawyer Assistance Program (N.C. LAP), a program of the N.C. State Bar, and the BarCARES program sponsored by the N.C. Bar Association (NCBA). There are numerous similarities between the programs. Both programs assist lawyers who need counseling or treatment for the full panoply of addictions and mental health issues. Both are confidential programs. Both are also free of charge. But they operate differently—each working as a superb complement to the other.

BarCARES

BarCARES provides referral for counseling services to lawyers who are either members of the NCBA or of local bar associations that have subscribed to the program. The program also serves district court judges, paralegals and members of the Eastern Bankruptcy Institute. Members in qualifying organizations are entitled to three free visits a year with a counselor in the BarCARES referral network.

In many districts a unique feature of BarCARES is that any of the three free annual visits may be used by a family member and are not limited to only the lawyer. Following the free visits offered within BarCARES, an attorney can generally continue work with the same counselor, if need be, using insurance benefits or other resources.

All BarCARES contacts are made through HRC Behavioral Health & Psychiatry, P.A., the organization that administers and arranges counseling provider services for the BarCARES program. BarCARES has a network of counselors and therapists across the state who specialize in treating a wide variety of mental health and addiction conditions, as well as working with normal stress and personal dilemmas that could interfere with lawyer performance and/or quality of life.