

# Conrad Nowak Discusses Mental Health Challenges in the Legal Profession and How the Illinois Lawyers' Assistance Program Can Help

In The News | 1 min read

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Hinshaw partner Conrad Nowak authored a column in the *Chicago Daily Law Bulletin* in which reflected on his own experiences with trauma and mental health, and the help he has received from the Illinois Lawyers' Assistance Program (LAP).

Nowak recounted several tragic experiences that led him to LAP and described his encounter with LAP professionals as “an incredible process and the beginning of a new journey.”

Their specific knowledge and training as mental health professionals coupled with their deep understanding about our profession made them a resource like no other...They also provided me with numerous invaluable tools — resources for meditation, books, ways to improve sleep (which is vital) and many others.

He notes that while the pandemic has opened conversations around mental health, there is still much work to be done by the legal profession in addressing these issues with “openness and acceptance.”

In his column, Nowak encourages anyone struggling with mental health issues to reach out to a professional. “If you are in the legal profession, then look no further than LAP. They are truly the guardian angels of our profession.”

For more information about the LAP, please [visit their website](#). You can also [donate to the LAP](#).

[Read Nowak's full CDLB column](#) (*subscription required*)

“LAP: Profession's guardian angels help lawyers out of darkness, find the light” was published by *Chicago Daily Law Bulletin* on July 21, 2022.

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