



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

# Legal Profession Racial Trauma Resources

- Lawyers Concerned for Lawyers: LCL provides free, confidential peer and professional assistance to Minnesota lawyers, judges, law students, and their immediate family members on any issue that causes stress or distress. This includes up to 4 free counseling sessions. We help other legal professionals on a case-by-case basis. [www.mnlcl.org](http://www.mnlcl.org). A recent LCL blog post refers to a strong article on workplace difficulties. <https://www.mnlcl.org/today-i-watched-george-floyd-die-again-but-sure-ill-have-that-memo-to-you-by-500/>.
- Professor Rhonda Magee, How Mindfulness Can Defeat Racial Bias at [https://greatergood.berkeley.edu/article/item/how\\_mindfulness\\_can\\_defeat\\_racial\\_bias](https://greatergood.berkeley.edu/article/item/how_mindfulness_can_defeat_racial_bias). Professor Magee has also written a book, *The Inner Work of Racial Justice*.
- The National Alliance on Mental Illness has created a comprehensive resource page at <https://namimn.org/bipoc/>. Additional materials are at <https://namimn.org/education-and-public-awareness/nami-resources-for-multicultural-communities/>.
- Jeena Cho, author of the *Anxious Lawyer*, has great guided meditations for legal professional on her website at [www.jeenacho.com](http://www.jeenacho.com).
- Local attorney Spiwe Jefferson is a resource for mindfulness resources and practices. [www.spiwejefferson.com](http://www.spiwejefferson.com).
- Mental Health America offers BIPOC mental health resources that address self-care, racial trauma and other topics at [www.mhanational.org/bipoc-mental-health](http://www.mhanational.org/bipoc-mental-health).
- The Legal Rights Center Toolkit and Restorative Journal is at [www.legalrightscenter.org/toolkit-and-guides.html](http://www.legalrightscenter.org/toolkit-and-guides.html)
- The Karuna Community is a local organization that provides compassion-based mindfulness training for people impacted by the Criminal Justice System. [www.karunacmn.org](http://www.karunacmn.org).
- Resources for white people about racism may be found at <https://blog.fracturedatlas.org/resources-for-white-people-to-learn-and-talk-about-race-and-racism-5b207fff4fc7>