

## **Member Assistance Plan (MAP)**

MAP is a confidential service that offers counselling, resources and information to members, law students, paralegal students and licensing candidates.

- Use of MAP increased from just below 2,000 cases in 2019 to nearly 2,500 cases in 2020.
- 8.43% of LSO members used the service in 2020 compared to 6.59% in 2019.
- Comparatively, 2% of employees/members of other large employers/associations typically use MAP Services.
- 80% of use involves counselling services.
- Users are approximately: 62% lawyers, 40% of whom are in private practice.
- Two most common reasons for reaching out to MAP: anxiety and stress.