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Dear Friends and Colleagues,

I write to you today hoping that you will give the gift of healing this holiday season and join us in the TLAP Challenge by making at least one small donation to the Sheeran-Crowley Memorial Trust (SCMT).

Each year hundreds of fellow lawyers wage personal battles with depression, anxiety and substance abuse. Many take on the fight alone, and for that reason they often lose. That should not be the case, and it has long been the goal of the Texas Lawyers' Assistance Program (TLAP) to see that lawyers dealing with substance abuse and mental health issues have the financial and personal support they need to win the battle.

This year State Bar of Texas President Allan DuBois is on a mission to raise awareness and money for the SCMT and TLAP, and I am asking that TYLA support him in that initiative. To begin, TYLA will host several CLE programs across the state to train lawyers to identify signs of mental health and substance abuse problems among their peers. More importantly, the CLE programs will teach them how to help their fellow lawyers once a need is identified.

Second, I am asking ALL young lawyers to make a personal commitment to this issue by giving at least \$10 to the SCMT. If all of us give just \$10, we will raise \$270,000 to help our fellow lawyers in need. While we only ask for a \$10 gift, we would be ecstatic if you or your firm offered more. To spur on that initiative, we are creating the first ever TLAP Challenge. We will recognize and award plaques to the top three individual young lawyer donors and the top small and large young lawyer affiliates at the 2016 Bar Leaders Conference. In addition, I will personally recognize those same individuals and affiliates in the *Texas Bar Journal*.

For your gift to qualify for the challenge, you must simply [CLICK HERE](#), choose your donation amount, and select the local affiliate you belong to from the drop-down menu. If you do not belong to a local affiliate, you can choose to simply make a personal gift by selecting the "I prefer to make a personal contribution" in the drop-down menu. The *TLAP Challenge* ends at midnight on December 31, 2015, so get your donation in right away and *challenge* your peers in your local affiliate to do the same.

Please remember your fellow attorneys this holiday season and take time to show them your commitment to their well-being. Thank you in advance for your participation and support. I look forward to seeing you in Houston!

Barrett Thomas, President
Texas Young Lawyers Association