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Stress, Law & Happiness: New TLAP Director Offers Hope Past the Pain

Posted by: Suzanne Robertson on Jan 8, 2021

Eight months after his sister went into treatment for addiction, Buddy Stockwell sat on the side of his bed with a loaded pistol in his mouth. “The more I tried to control the drinking, the worse it got. I was going to take my own life,” he says. “I did not want to live in the pain.” [In this issue, we talk to Stockwell](#), who is the new executive director of the [Tennessee Lawyers Assistance Program](#), which offers free and confidential help with depression, grief, loss, stress, burnout, substance abuse, process addictions, balancing practice and family, anxiety, anger management and cognitive impairment. Contact TLAP at 615-741-3238 or 877-424-8527.

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