

Mental Health Tool Kit for Legal Professionals

AGENDA

Canadian statistics confirm 1 in 4 people will be diagnosed with a mental illness during their lifetime. The number is higher for lawyers who are 3.6 times more at risk to experience mental illness than other professionals. The LSO, CBA and OBA have highlighted mental health as an issue to be brought to the forefront, recognizing the unique needs and challenges of legal professionals. The statistics on mental illness that face lawyers today are significant and seen throughout their careers, impacting health, personal productivity and client service.

This session provides an overview of the facts of mental illness vs. the myths that are often circulated. The session will speak to understanding stigma and the impact that stigma has on accessing support for treatment. The most common mental illnesses to impact lawyers will be discussed and corresponding signs and symptoms seen in the workplace. Strategies for supporting a colleague and general guidelines for supportive communication and resources will be provided.

Improving mental health through education and strategic initiatives results in more engaged, healthy and happy lawyers with an increased ability to deliver top quality legal services.

Objectives:

- Understand the challenges that legal professionals face and how mental health is impacted
- Discuss why stigma is important to talk about and how to decrease stigma in law firms
- Become familiar with the most commonly seen mental health concerns in law firms
- Gain strategies for supporting students, lawyers, clerks and staff
- Discuss resources available to legal professionals

For more information on this workshop call us at 416-999-9178 or
email marla@forhealth.ca