

# LawCare News

## Welcome

to the Spring edition of *LawCare News*.

As I write it looks like winter is finally behind us and we are well into spring, one of the busiest periods in the LawCare calendar.

The theme of the last few months at LawCare has been the concept of emotional competency and how that fits in with law.

Some think there is no place for emotion in the law and believe emotions interfere with rational thinking. However emotions do affect how people feel and act and the legal profession is no exception.

We can clearly see the need for something to be done to better equip lawyers for a challenging work environment. The results of the Junior Lawyers Division Resilience and Wellbeing survey found that over 82 per cent of respondents reported either regularly or occasionally feeling stressed in the month before completing the survey with 26 per cent of those individuals being severely/extremely stressed.

This sadly did not surprise us as 45% of calls to our helpline are from this group. We need to do more as a profession to train, support and mentor junior lawyers and help build their resilience. We also need to see a change in culture within law firms, making wellbeing of staff a priority.

We want to encourage legal professionals to proactively recognise and identify factors that put a strain on their wellbeing at an early stage, rather than responding retrospectively once issues with mental health and wellbeing have arisen. We know from our work in supporting lawyers for over 20 years, how difficult it is for lawyers to admit they are struggling with the pressures of work, which often leads them to seek help when they are nearing crisis. We want to change this.

We hope our new online resources, devised with the Open University and launching later this year, will proactively encourage legal professionals to engage with issues around recognising and regulating their emotions. The goal is to foster enhanced wellbeing, to support legal professionals to not just survive, but to also thrive, within a challenging work environment. A huge thank you to those of you who attended our focus groups across the UK and Ireland over the past few months.

The LawCare team will be giving talks across the country during Mental Health Awareness Week (14-20 May) as well as sharing our new materials. Thank you all the firms, chambers and professional bodies supporting us this year by sharing information about us, we want to get the message out there to as many people as we can that we are here to help.

We are also delighted to be organising a roundtable event as part of the Legal Professions Wellbeing Taskforce on emotional competency in lawyers and what we can do to ensure this from an academic perspective. I will report back on the conclusions of the panel in the next issue.

**Elizabeth Rimmer, CEO**



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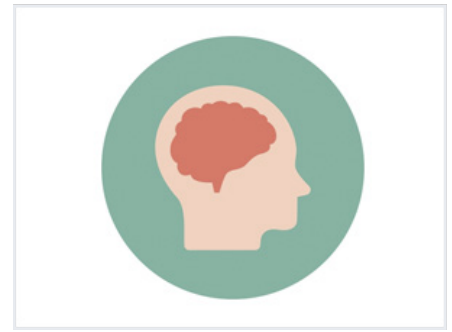
### Mental Health Awareness Week 14-20 May

Mental Health Awareness Week is 14-20 May this year and gives us all an opportunity to spread the word about mental health. If you would like leaflets, posters or copy/digital images to use within your organisation to promote the week download them [here](#). You can order green ribbons [here](#). Keep an eye out for our blogs and social media during the week and please share our content and help us reach as many people as possible.



### Join us for London Legal Walk

The London Legal Walk takes place on Monday 21st May - we'd love you to join our team and help raise funds to support our work. Over 300 teams are taking part in the 10k walk which is always great fun. You can bring your dog to walk with us this year! Email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk) to join us at the biggest event in the legal calendar.



### Legal Professions Wellbeing Taskforce Roundtable event

The Legal Professions Wellbeing Taskforce will hold a special roundtable discussion ahead of Mental Health Awareness Week (14-20 May) at the University of Law. The event on Thursday 10 May will focus on "Emotional Competency in the Legal Profession: an educational perspective." A panel of academic experts and representatives from professional and regulatory bodies will discuss emotional competency, why lawyers need it, where are we now in the UK and what can be done to ensure we all better support lawyers.



### Volunteering for LawCare

We are looking for new trustees to join our board in 2019. If you are interested in wellbeing and feel you can contribute then please get in touch. We are also looking for more peer supporters in the 18-35 age bracket. Get in touch to find out more by emailing [abuttimore@lawcare.org.uk](mailto:abuttimore@lawcare.org.uk)



### Open University

Thanks to all those who attended our focus groups earlier this year to help with the development of our new online resources focused on positive emotional and psychological approaches to working in the legal profession. We are very excited about this project and expect the first phase to launch in the summer.



### Has LawCare helped you?

If LawCare has helped you in the past and you would be happy to share your story please do leave us a Facebook review or if you would prefer to do this anonymously email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk)

Read more of our news at [www.lawcare.org.uk/news](http://www.lawcare.org.uk/news)