

LawCare News

Welcome

to the Autumn edition of *LawCare News*.

I hope you all had an enjoyable summer.

The LawCare team are preparing for a busy autumn. At the end of the month I will be travelling to the American Bar Association's 2018 National Conference for Lawyer Assistance Programs - the theme this year is '**Next Generation: Changing the Culture of the Legal Profession**' and I am very much looking forward to discussing this issue with our American colleagues. At LawCare we believe the competitive, hierarchical, long hours culture of the legal profession significantly affects mental health and wellbeing, and until we address these issues we will continue to see a legal community struggling with stress, anxiety and depression.

World Mental Health Day is also coming up in October which this year looks at young people and mental health in a changing world. Research suggests that you start thinking like a lawyer and absorbing the cultural norms of the law on the very first day of your law degree, and it is our duty to better prepare young people for the demands of this challenging profession. Work continues on our online resources into emotional competency with the Open University which we hope eventually may help with this. We'll share more on this soon.

Following our successful roundtable event in May as part of the Legal Professions Wellbeing Taskforce we are planning another event on 27th November focused on creating mentally healthy workplaces. We hope that this event will provide an insight into how we can move forward as a community to start changing some of the working practices in law that can compromise mental health and wellbeing. We are also in the process of recruiting new trustees to our board - thank you to everyone who applied, we were delighted with the calibre and number of applications and successful applicants will join us next year.

As part of our outreach work LawCare has had a busy year so far visiting firms, chambers, local law societies and specialist legal organisations to talk about mental health in the workplace. If you are interested in LawCare attending your organisation or providing you with materials please do get in touch. You can follow us on Twitter, Facebook and LinkedIn to find out what we are up to.

We would also love to hear from you about your experiences with mental wellbeing working in the law - if you would like to tell us your story, write us a blog or tell us what steps your organisations is taking to promote a mentally healthy workplace then do drop us a line, we'd love to hear from you.

Elizabeth Rimmer, CEO



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Legalex 2019

LawCare is delighted to be the official charity partner of Legalex 2019, the UK's leading event for law firms and legal professionals who are looking for business growth and professional development. Legalex returns to the ExCeL London March 27th and 28th 2019 and is free to attend. For more information go to www.legalex.co.uk.



New factsheets

LawCare's factsheets have been updated and are now live on our website. We also have new factsheets on suicide and vicarious trauma. Take a look at www.lawcare.org.uk.



World Mental Health Day

World Mental Health Day is on the 10th October – could you help spread the word about LawCare in your firm or chambers? Perhaps displaying a poster or leaflets, sending an email round, or adding information about us to your intranet. We have a dropbox where you can download our posters, leaflets, logo and other useful materials and we'll also be on social media on the day so please share our posts! Email gmatthews@lawcare.org.uk for the link.



Open University project update

Work continues on our fantastic new online resources in emotional competency in collaboration with the Open University. We hope to launch these this year or early 2019 and will keep you posted with more information.



This Can Happen

A one-day event tackling workplace mental health, offering solutions and strategies to address the core issues. The event is spearheaded by Jonny and Neil, the 2 strangers behind Channel 4's programme "Strangers on the bridge". Book now to secure your place at this ground-breaking event. LawCare News readers receive 10% discount off the ticket price, use the code: **TCH10LAWCARE** at the checkout. Go to www.tchevents.com/register/ for more information and to book.



Wellbeing in the City

We are pleased to let you know about the Wellbeing in the City programme created by the Samaritans in partnership with This is Me, which teaches people the skills to manage their own emotional health and look out for others, before they reach crisis point. Businesses and individuals can sign up for free now using the token code: **samaritans2018** at wellbeing.samaritans.org

Read more of our news at www.lawcare.org.uk/news