

# Lawyer Wellness



**Texas Lawyers' Assistance Program Volunteer  
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## The Stats

- 32% of lawyers 30 years or younger have a drinking problem
- 28% of lawyers struggle with some level of depression
- 19% of lawyers demonstrate symptoms of anxiety
- 11% of lawyers have suicidal thoughts at some point in their career

Texas Lawyers' Assistance Program. (2018). Retrieved from [https:// www.tlaphelps.org/](https://www.tlaphelps.org/)

# 1. You're Number One!



# 2. Ask for Help!



# Help Seeking & Gender

- 10% to 15% of men will experience a major depressive episode in their lifetimes
- 20% will abuse alcohol
- Men are 4 times more likely to commit suicide than women
- Men are far less likely to get help than women

Wendt, D. & Shafer, K. (2015). Gender and Attitudes about Mental Health Seeking: Results from National Data. *Health and Social Work*. Oxford Press/USA.

## 3. You Are Good Enough!



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