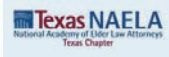


# Attorney Wellness: Speaking Up, Reaching Out

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- ▶ A Special Presentation by Townsend Allala, Coulter & Kludt
- ▶ For the 2020 Texas NAELA Summer Conference - July 29, 2020
- ▶ Presented by Stephanie Townsend Allala



## Description

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*Mental health issues are taboo discussions at the workplace, yet when attorneys consider suicide, it's often a result of work-related stress. Explore real-world tips and information on how to spot a mental health crisis in someone you work with, and what to do once you are aware of a problem.*

# Objectives

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- Raise peripheral awareness of persons at risk for mental health crisis and or suicidal ideation.
- Destigmatizing help-seeking behavior, like therapy.
- Learn a breathing technique and how meditation can help calm anxious minds.
- Using these tools to create space for discussions about anxiety with colleagues, employees and family who may be experiencing mental health crisis.
- Learn how to speak up and speak out!

# Do We Really Have To Talk About Feelings?

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We have all heard the frightening numbers about attorney drug and alcohol abuse, as well as suicide rates. We get it. We know it's a tsunami of a problem. Rather than hear depressing numbers, we will spend the next 45 minutes learning real-world techniques to help yourself, and others, in times of crisis.

Elimination of the stigma on help-seeking behaviors. Well-being is indispensable part of a lawyer's duty of competence. It's also good for business, if you and staff can function at higher level because they are not struggling with their mental health. Ultimately, that's good for our clients! There's a connection between mental health and good client service.

## Inspiration

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With hustle and bustle of our law practices, we rarely take the time to do emotional check-ins with each other. We often rush through our days without noticing those around us who are in need, or even ignoring our own traumas.

Some would find it uncomfortable. We are taught never to discuss our emotions or mental health at work. At the same time, people who consider suicide often are doing it because of work-related stressors.

## Inspiration

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- A funeral for a colleague who took his life. Fine alcohol and depressive statements flowed freely.
- A moment of clarity- be part of the solution.
- Clean and sober life.
- Healthy healing hobby.
- Speaking up and speaking out.

Also available as part of the eCourse

[2020 Texas NAELA Summer eConference](#)

First appeared as part of the conference materials for the  
2020 Texas NAELA Summer Conference session

"Attorney Wellness: Speaking Up, Reaching Out"