

Lawyer Wellness in a COVID~19 World

Presented by Erica Grigg, JD, TLAP Attorney



TEXAS LAWYERS'
ASSISTANCE PROGRAM
1-800-343-TLAP



STATE BAR of TEXAS

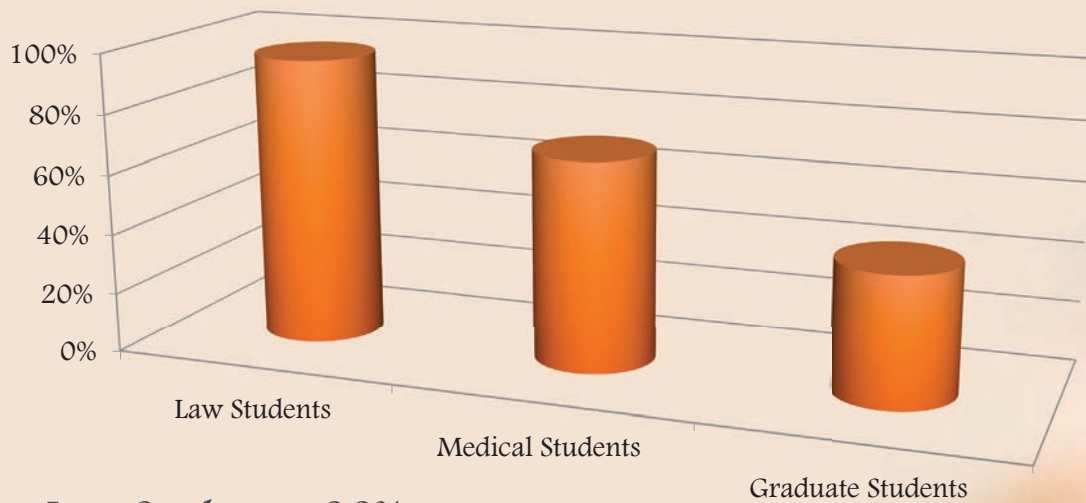
Stress
Anxiety
Depression
Burnout

Secondary Trauma
Alcohol / Substance Abuse
Cognitive Impairment
Suicide
Gambling and other process
addictions

Major Problems for Attorneys

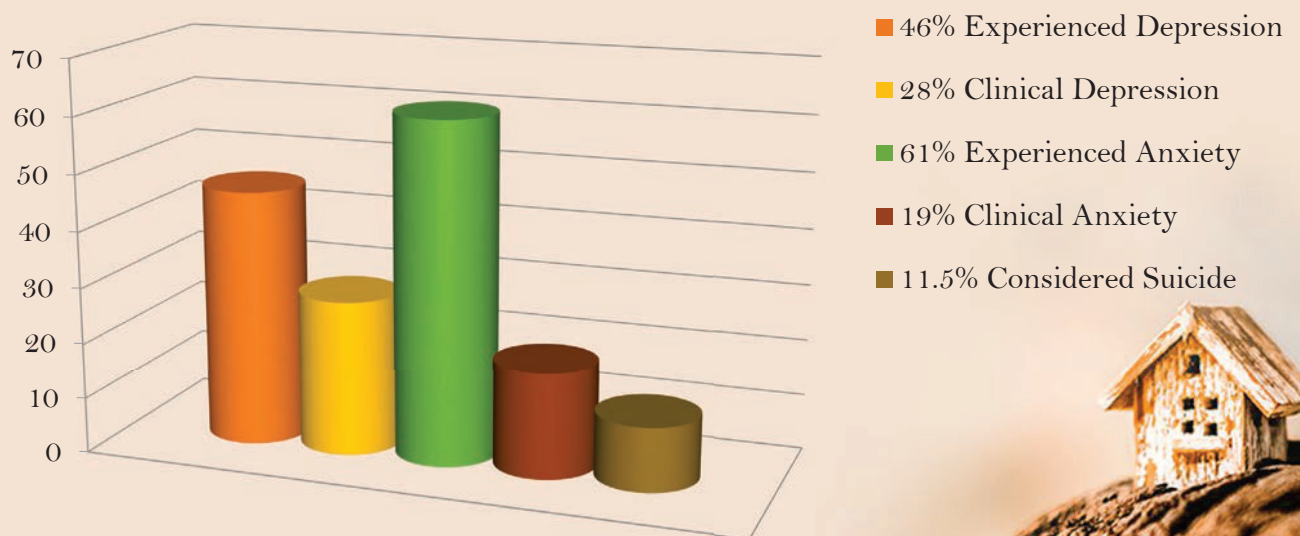


How Graduate Students Rank for Anxiety

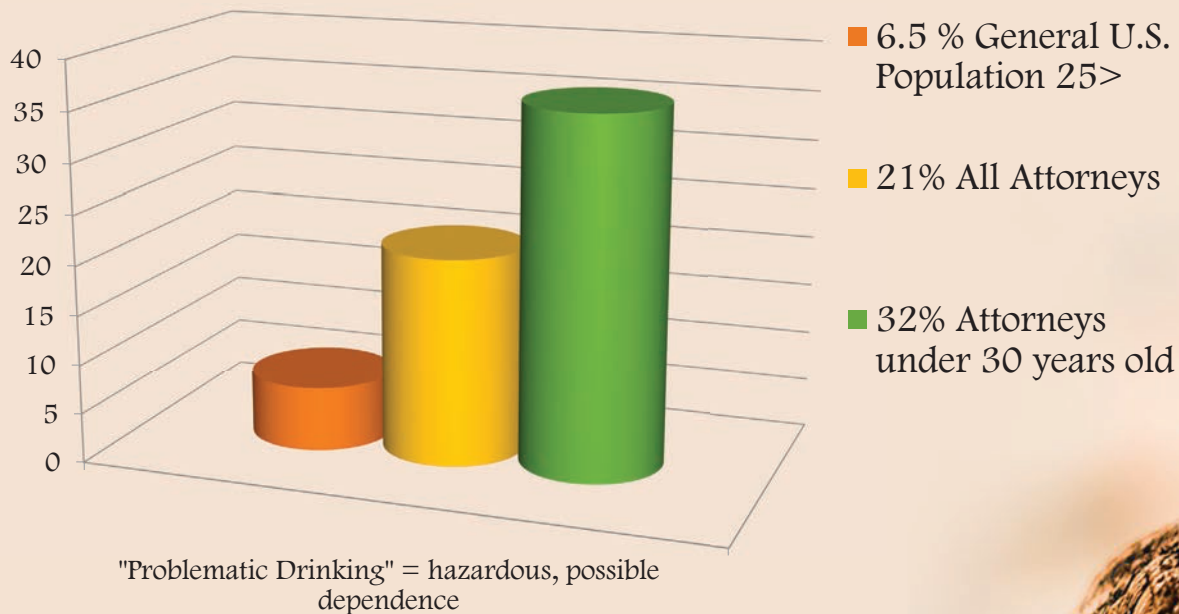


Law Students: 96%
Medical Students: 70%
Graduate Students: 43%

2015 ABA Study of Almost 13,000 Attorneys: Attorney Mental Health Issues



2015 ABA Study of 13,000 Attorneys: Problem Drinking for Attorneys



Depression

According to a 1991 Johns Hopkins University study of depression in 105 professions, lawyers ranked number one in the incidence of depression.



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[2020 The Car Crash eConference](#)

First appeared as part of the conference materials for the
2020 Car Crash Seminar session

"Lawyer Wellness"